

THRIVE VIRTUAL 2024: RESOURCES LIST FROM ATTENDEES (Shared in the Chat Panel)

Podcasts	Podcast Links
Gary Vaynerchek	https://garyvaynerchuk.com/topics/podcast/
Chill and Prosper (money mindset) - Denise Duffield-Thomas	https://www.denisedt.com/podcast
Shonda Rhimes Dartmouth Commencement Speech (having it all)	https://vimeo.com/562164742
Erika Diaz - Honestly Mental	https://honestlymentalpodcast.podbean.com/
The Secret Art of Business	https://podcasts.apple.com/us/podcast/the-secret-art-of-business/id1721664206
Books	Book Links
Will It Fly, Pay Flynn	https://www.amazon.com/Will-Fly-Business-Waste-Money-ebook/dp/B01BCLPPAK?ref=ast_author_dp
Dive In D.E.E.P, Joanie Bily	https://www.amazon.com/Dive-D-P-Strategies-Advance/dp/1956914846
Becoming Supernatural - Joe Dispenza (rewiring your brain)	https://www.amazon.com/Becoming-Supernatural-Common-People-Uncommon-ebook/dp/B0746RN3G7?ref=ast_author_dp&dib=eyJ2ljojMSJ9.7p13udDv9P4vF3w8zXWEcHqc433KRKQaiwHv3iWusR-XOACcHI21xl2oCSI6KwlexSP-FHduGOj6L7whD7jUSh6oj9yWTFKydvveizbb_BiTF-juDrBavnzIBk1IKxivwrlzRhq_ZHy7180YoR9H8hB6C9luMEEnEaWM9v-4Y8xblidSpABQqUbB8K2BKKsebBPDPEgKddiBLwWwigazASV8UvKI6YPYeTMt06IPWvNbg.ehxumx1Dh5r mXyr7ETe6ACS5eo8-uuh-tIAahj0Oo4E&dib_tag=AUTHOR
Put a Cherry On Top - Joyce Russell	https://www.amazon.com/Put-Cherry-Top-Generosity-Leadership/dp/0578649284
Dare to Lead - Brene Brown	https://brenebrown.com/book/dare-to-lead/
Together We Rise (Paperback)	https://www.amazon.com/Together-Rise-Lady-Leaders-Book/dp/1956914331
App	App Links
Think Up - Positive Affirmation App	https://thinkup.me/
Indigo Organizing (Get it Done Club)	https://www.indigoorganizing.com/
Products	Products Links
Sunshine Alarm Clock Product List (Review)	https://www.wired.com/gallery/best-sunrise-alarm-clocks/
Sunshine Alarm Clock Product List Pt.2 (Review)	https://www.nytimes.com/wirecutter/reviews/best-sunrise-alarm-clock/
Hatch sunrise alarm clock	https://www.hatch.co/restore
Additional Resources	
Korn Ferry Board Services	https://www.kornferry.com/functions/board-ceo-services
Inclusive Therapists	https://www.inclusivetherapists.com/
Vishrani Prag Clinical Social Work/Therapist, LCSW	https://www.psychologytoday.com/us/therapists/vishrani-prag-new-york-ny/743879
Mastering the Eisenhower Matrix: Prioritize Like a Pro with the Right Tools	https://janesagenda.com/blogs/planning-201/eisenhower#:~:text=Simply%20put%2C%20the%20Eisenhower%20Matrix.prioritizing%20pro%20in%20no%20time.
Women-Owned Business - Red Barn Mercantile:	https://redbarnmercantile.com/
Women-Owned Business - Penny Post	https://shoppennypost.com/
THIS TOO SHALL PASS - Inspirational message from Tom Hanks	https://www.youtube.com/watch?v=ciRab83UuTY
Quotes from Attendees and Presenters	
Adjust your strategies to accommodate your current reality	
It's not a matter of knowing what you want but WHY you want it	
If doesn't matter how clear you are on what you want - if you don't believe you can do or have it, you never will	
The only way to build your confidence is by TAKING ACTION	
You are responsible for your own confidence	
You are the average of the five people you spend your time with	
Start your day with an "I AM" statement	
I am a beautiful masterpiece and a work in progress	
"Confident vulnerability" - to be an effective leader - you have to be confident in your vulnerability	
Creating a 'success list'	
"DIG' Folder - Damn Im Good; file away your praises, emails of affirmation, etc.	
"The moment work becomes your safe space, it is no longer work"	
Set boundaries to protect values and ensure alignment to them	
46% of women report higher level of burnout than men (37%)	
We are all born inherently loved, worthy and enough	
We are all valuable as ourselves, regardless of our professional identity and achievement	
Reality is that your self-worth is about how you think and feel, how you love and act towards others, how you show up for yourself	
Employees who feel their voice is heard are 4.6 times more likely to feel empowered to perform their best work	
Are you uncomfortable because you are growing or because you are unhappy with your employer	
I was judging rather than looking at what I can learn (from them)	
On getting opportunities - ask for them. Don't be afraid. You are all qualified	
We tend to judge other in the areas of our lives that we feel the most insecure - it's a great window into ourselves to recognize what we need to work on	
If you aren't finding a solution, then you give up the right to complain about it!	
There is difference between skillful and purposeful venting and just full on complaining and gossiping	
Feel the fear, and do it anyway	
It is easy to allow yourself to feel like a victim of your own making	
Last year one of the speakers suggested starting a "DIG" Folder - Damn I'm Good! File away your praises, emails of affirmation, etc.	
My favorite quote my John Lennon: "Everything will be ok in the end, and if it's not ok, it's not the end."	
I tell my girls every single damn day: "Where you put your energy, is where you get the result."	
I am a strong advocate for authenticity. When you unlock the power of you being your true self and owning your uniqueness you are a winner. <3	