



At Laborious, we're building a community of Members who need help, Advisors that offer guidance, and Supporters who care because we know that at any time, each of us could be any of these three. At the core, Laborious is a community of people working together for each other and we'd love for you to help us build it.

If you're interested in being a volunteer, we need assistance gathering the large amount of information that our incoming Members will need, and are looking for people to offer things like resume and career advice when we open the doors. If you can help someone practice their interviewing skills, for example. or review a resume to give feedback, please feel free to opt in to [this sign-up form](#) for volunteers.

If you've signed up to be a Laborious Community Member and checked the "I need support" option, you can change that to be a volunteer. By offering as little as 4 hours of volunteer time you'll cover the cost of your Membership. Be sure to fill out the sign-up

form and reach out to us at [help@laborio.us](mailto:help@laborio.us) with questions or thoughts on making our programs better.

We appreciate each and every one of you!



**Sponsor a member today!**

## Are you ready?

The team at Laborious are actively building the Community framework and we're aiming to open to our members soon. We are also defining the various community programs that'll be available to our Members at launch. Check out just a few of the opportunities Members will have in the Community.

## Work Search Learning

### **How to prepare for job applications and interviews**

From resume writing and review to interview practice, we're ready to help you feel confident that you'll shine on your application and in conversations with the companies that are interviewing you.

### **How to land a side hustle**

You may be newly laid off or considering a different type of work for your future. Contract and consulting work as well as side hustles can be a fantastic way to fill your financial gap or plan a pivot in your career. We'll share approaches to find work as well as information on how to set up and manage a business - it's different than W2 work!

### **Building a Portfolio**

You've worked at one or more roles in the past and you did great work there, but a resume isn't always the best way to tell the story.

Having an asset that helps you talk about the work you did in full time roles, contracts, or a blend of both is critical to getting the attention of the hiring team in this tough market. We provide a template to use and walk you through the process of how to think and talk about your past efforts to get the attention you desire.

# Urgent Needs Support

## Critical Needs Like Food, Shelter and Utilities

You may be lucky enough to have had severance when you were let go, or have been great at saving your pennies over time so you have some runway.

Whatever your situation, getting access to and having an understanding of the help that's available to you is critical. We are building a library of all the services and support you can tap into in your local area including short term food, housing, and work search support and the often complex way you must apply to and stay in compliance with Unemployment Benefits in every area of the US.

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### We will be hiring!

Paid Roles will be available to Members First before we look outside the Members group. Join Today to find out more!

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Join the Laborious Community

## Can We Talk About the (Lack of) Benefits Situation?

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*I had NO choice but to spend more than my rent on COBRA payments.*

-Rachel Petzold, CEO & Founder



One of the biggest chunks that's taken out of a W2 employee's paycheck is **medical and other benefits**. These can cost you thousands or even tens of thousands of dollars a year. Often, benefits keep us tied to an employer even when the work isn't optimal for us anymore. How many of you have resisted leaving a job because of benefits or hear of others who have done that, only to have been laid off?

The biggest cost you will face when you've lost a job may not be your rent or mortgage, it might be COBRA coverage for your family.

Have you ever considered opting in to health care coverage that isn't tied to your employer or employment? We're doing research and considering offering affordable benefits to Laborious Community Members. After all, when you lose work and COBRA kicks in, the pricing can be difficult to manage and you're less likely to tap into benefits while unemployed.

The cost of copays and plan minimums/deductibles may be more than you are able to cover while out of work. We're looking for feedback from Members and supporters about how non-standard healthcare might solve concerns about basic needs. From PPOs to larger groups we can join to gain cost savings, there's help on the horizon around one of the biggest fears that people face when they lose work - getting and staying healthy and protecting your wellbeing. If you're interested in sharing your viewpoint, keep an eye out for a future, optional survey we will send out via email.

## **The Mental Health Crisis of Work Loss**

Getting fired or laid off is devastating. It's one of the 5 major life stressors.

Even if you see it coming, with so many security systems like medical benefits which can at minimum impact your quality of life or at times be life or death, it's a critical piece of your financial puzzle.

When this basic need is tied to employment and work is lost, it's a lot to manage at once. Many people can't afford independent benefits and most certainly can't afford out of pocket costs for counseling and medications for anxiety, depression, and other emotional needs when your paycheck has disappeared.

Rachel once had to pay \$2,900 per month (for coverage for only 2 people) for COBRA benefits just to make sure her cancer survivor husband didn't have a gap in benefits. You can imagine, while being unemployed, that she had to forgo other basic things to keep



that "benefit" in place. "It felt much more like a shackle and a chain than anything worth spending money on, but I had no choice," said Rachel.

If you are facing stressful circumstances and find yourself losing rest or feeling stress, please don't wait to seek help if you're in need of support. Laborious is recommending apps that are free for users (like [InsightTimer](#)) and local groups and services, as well as basic needs and social safety net support organizations in the US. We can point you toward help that can get you back on track.

Once our Laborious Community is launched, our Community Moderation team will be acting as "sherpas" to guide Members to the information you need to get help. Our research shows that many people facing job loss are too overwhelmed to take the first step for assistance - finding it. If you're in need of the information so you can find support or don't have the capacity to do something for yourself, we're here to get you information.

We at Laborious believe know you are **worthy of good things**, of feeling safe, and of having not only the basic necessities, but rediscovering comfort and purpose. We know you can't get to finding your purpose if you don't have those basic needs met.

## How You Can Help

### 1. **Sponsor a Member**

If you have the means, consider sponsoring a member or one of our programs. Sponsorships start at just \$99. [Sponsor](#) a Member today!

### 2. **Funders Wanted!**

We are looking for altruistic individuals that want to make a difference and are passionate about those candidates stuck in this system. Please [contact us](#) to find out more.

### 3. **Donate to a Local Food Bank**

[Find a Food Bank](#) today in your area and donate food to help yourself or others in need in the US at one of these locations.

### 4. **Be a Laborious Ambassador**

We are looking for people to help Members find local services to fill basic needs. [Join](#) as a Member today or [sign up to Volunteer](#) and find out more.

## 5. **Supporters**

Offer a friend to be their “second” if they are facing a challenge and need support. If someone doesn't seem fine, even if they say they are, they could be facing eviction, food scarcity, or life without basic needs being met. Keep the conversation going.

## Help Us Build What's Next

Know someone who is hunting for work? Forward this email or share [laborio.us](https://laborio.us) or our [LinkedIn](#) with them.

We're looking to support any displaced workers and are focusing initially on:

- College seniors or grads seeking relevant work and internships
- Job seekers over 40 that are struggling to find their next role
- Anyone recently laid off that needs a safe place to land and rebuild

Want to get involved or sponsor someone? Reach out [here](#).

Every share, like, and comment helps. We can't do this without your help!

**Become a member today!**



### **Who is this Gabanna that sends me my emails from Laborious?**

Meet Rachel's dog, Gabi. She promises not to send email SPAM your way, although she can't promise she won't eat it if you leave the canned delicacy within her paw's reach.

This week, she's practicing her yoga moves while listening to Insight Timer.  
You're a good girl, Gabanna.



This email was sent to {{ contact.EMAIL }}.

You've received this email because you've subscribed to our newsletter, are a supporter of our mission, or you joined our wait list. We can't wait to meet you when the Community. Please add [hello@laborio.us](mailto:hello@laborio.us) to your safe sender list so we reach your inbox.

[Unsubscribe.](#)

