

A RESOURCE
SHEET

BUDGET FRIENDLY TECH TOOLS TO SHOW OFF YOUR ONLINE PRESENCE



YOGA





WEBSITES

- [Webhosting: Dreamhost](#)
- [Elegant themes](#)



COLOUR PALETTES

- <https://designschool.canva.com/blog/100-color-combinations/>
- Hex codes**
- <http://www.color-hex.com/color-palettes/>
 - <https://www.canva.com/color-palette/>
 - <http://www.colourlovers.com/palettes>
- Hex Code to RGB convertor**
- <https://www.webpagefx.com/web-design/hex-to-rgb/>



CONTENT CREATION

Idea generation

- Your clients
- Other blogs in your niche
- Online newspapers, magazines
- <http://buzzsumo.com/>


Guest Blogging


- <https://www.thewellnessuniverse.com/>





CONTENT ORGANIZATION

- Evernote
- One Drive
- Google drive

	<p style="text-align: center;">CONTENT PROMOTION</p> <p style="text-align: center;">Social Media</p> <ul style="list-style-type: none"> • FB, Pinterest, Twitter, LinkedIn: Meet Edgar • Pinterest: Board booster • Instagram: Later • Buffer • Hootsuite <p style="text-align: center;">Email marketing</p> <ul style="list-style-type: none"> • Mailerlite • Mailchimp • Convert Kit
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	<p style="text-align: center;">WEBINARS</p> <ul style="list-style-type: none"> • Zoom • Webinarinja • Demio • webinarjam • You Tube Live • Face Book Live
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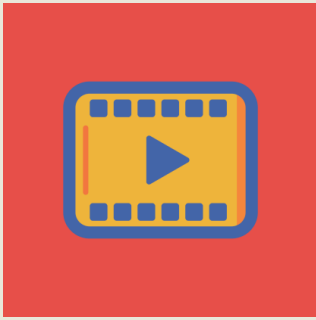
	<p style="text-align: center;">IMAGES, BACKGROUNDS, TEMPLATE, DESIGN ETC</p> <p>Social Media Templates</p> <ul style="list-style-type: none"> • Canva • Stencil <p>Websites for Free Images</p> <ul style="list-style-type: none"> • Pixabay.com • Pexels.com • Unsplash.com • Librestock.com • Creativemarket.com • freepik.com
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	<p style="text-align: center;">SCREEN RECORDING</p> <ul style="list-style-type: none"> • PC: Camtasia • Mac: Screenflow (https://www.telestream.net/screenflow/)
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LinkedIn Groups to join

- Corporate Health and Wellness Association, Corporate Wellness, Worksite Wellness:
<https://www.linkedin.com/groups/2007987/2007987-6333038567467606020>



COURSE CREATION

- Thinkific
- Teachable
- Udemy



EQUIPMENT

- Blue Yeti microphone
- Sony lapel microphone
- Logitech 920 webcam
- DSLR camera
- Smart Phone camera
- Tripods
- Lighting



YOUR RESOURCE BAG

- Appsumo
- [Acuity Scheduling](#)

Disclaimer: Some of the links in this resource sheet are affiliate links.

To sign up for the Healthpreneurs Tech Tools Program click here: <http://www.alkachopra.ca/techtools/>