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## Action research pdf book

Nolo knows the law. We also know that finding it can be challenging. That is why we provide expert guidance on the simple English research process. In Legal Research: How to Find & Understand the Law, you'll receive step-by-step instructions explaining how to reduce a legal issue so you don't lose valuable search time. Then, once you're ready to start researching, you'll learn techniques that will help you find the right law either online or in the law library. A team of 60 people from expert researchers dedicated to improving our knowledge of almost all aspects of cancer, from what causes it to how we can finish it. We've been studying communication for 40 years, and it's never felt bigger than now: a global virus, a broken economy and the demand for racial justice have become our background. Our relationship problems widen as we work from home or return to work, not knowing what it will be like to get back to normal. So what can we control? Own communication. We can use this time, when our communication skills are more critical than ever, to turn conflict into conscious conversations that solve problems, strengthen relationships and deepen trust. This new virtual reality has produced a unique set of challenges for teams. When meetings go online, problems abound: How do I get into a virtual conversation? How do I know when my turn is? Is my contribution worthy? Will I be sanctioned for talking to a teammate, or, worse, someone you denu? These questions are developed daily in our current online environment. But we've been researching them for 40 years. In our first days of graduate school, we taught in the first U.S. program for clinically shy communicators. Our adviser and mentor Gerald M. Phillips, a doctor, created this program for reluctant communicators who were eager to talk. Now, four decades later, what we have learned teaching in this program has informed our work in an era when even extroverts have to figure out the new virtual meeting landscape. Here are five research-based actions to strengthen individual communication with coworkers, clients or relatives.1. Ask open questions and then share your understandingWhat happens if someone accuses you of not delivering for equipment or not helping enough around the house? Our instinct is to argue and defend. Instead, ask questions like, What else do you need from me right now? o Can you tell me more? Then listen carefully to the answer and clarify your understanding. Vague complaints inflame, but specific examples instruct. Instead of saying You have been distracted and unanswered, you can try, Yesterday, when you joined Zoom meeting, you said I hadn't completed the email of all employees, so I agreed to do so. Then get the other person to share your opinion asking: What was going on for you? 3. Share your part of the problemThere is no sign of integrity as recognizing that you are part of the problem (In my eagerness to get a small business loan, I have not been taking a meaningful role around the house, even though my schedule is more flexible than yours.) It's hard to stay angry with someone who owns their accountability. The power to accept that you are your own the problem changes the conversation from combat to cooperation.4. Consciously share your feelingsThese is a very emotional moment, and sharing vulnerable feelings connects you with others. Self-disclosure (Sometimes I'm overwhelmed by fear of my health) is the biggest predictor of successful relationships – and that's what vulnerable feelings share ago.5. A do-over can be healingPave the way for a relationship reboot saying: I've been thinking about our conversation, and I think I can do better. Can we try again? When you choose to do this, remember to use the four previous micro communication behaviors. Beyond individual communication, these eight research-based strategies can boost a team's inner fabric and ensure that everyone in a meeting speaks, everyone feels heard and understood, and everyone is committed to the solutions ahead.1. Find a meaningful central question in your team's work Back to your team's creative instincts and make sense of their work with questions such as: How can we create a more inclusive community engagement? o What virtual solutions can we offer our customers? A productive and committed team does basic more than complete tasks. Reluctance to participate is widened when people experience online video conferencing. Two minutes of silence before asking team members to speak allows them to gather their thoughts and brings quieter people into discussion.3. Creating a queue of names to guide an orderly discussionInviting each person, in turn, removes uncomfortable silences and ensures that everyone participates. If people don't speak during the meeting, that's when there are meetings after the meeting where agreements can be unraveled. (But let people know that it's OK to say: It happens, for now, and contribute later.) 4. Create a virtual group memoryAssign a writer to use Zoom White Board or screen share Microsoft Word to list all ideas as they approach. This creates a group memory that everyone can see together.5. Use P.R.E.S. to energize discussionsAim for 45 seconds to make a point; give a reason; share an example; offer a summary. I think our CSRs should be able to send video links from customers showing how to perform simple repairs at home (Dot). This will reduce service calls and create grateful customers Recently, the pilot's light went out in my gas fireplace and a YouTube video showed me what to do (Example). Therefore, video links can be our service calls again while improving our customer service (Summary). Remember: The power of a personal example is immense.6. Inviting quieter people into the conversation When using our suggestions, there will be fewer silent members, but it is important that everyone knows their voice affairs.7. Harvest Group AgreementsAsk: What do we agree already? Instead of wasting time focusing on smaller areas of disagreement. Remember: What you are looking for is what you find. Each participant gets 20 seconds to say: This is what I feel and think from our meeting. If all team members are involved in important, meaningful and creative decisions where all voices are heard, the results increase confidence, respect, commitment and productivity. And once face-to-face meetings resume, these best practices will continue to serve your organization well. Whether you're communicating with colleagues, clients or relatives, remember that everyone is under pressure now. More than ever, what someone intends to communicate may differ from the impact of their words. Get easy on them and focus on how your communication can set the stage for cooperation and cohesion. Susan and Peter Glaser are married business partners who have spent their professional, academic and consulting lives researching and teaching best practices for a wide range of communication challenges that organizations and individuals face. Posted on January 1, 2021 Chairs and desks are necessary pieces for most people's work environment, but it has a cost. Often, people experience back pain or sore throats from sitting in front of a computer. And in some extreme cases, people may experience various health problems due to sitting on their chairs throughout the day. This problem has been around for a long time, long before this pandemic began as people's lives involve a lot of seating. Not only do we sit at a desk, but we also sit on sofas to watch TV and more. According to the research, we spend an average of 13 hours sitting a day, either for leisure or work purposes. No wonder people need to find better solutions to improve posture. One of the best tools created because of this are standing desks. A new take on something familiar, let's go into details below about the benefits of standing tables that those consider buying.7 Benefits of Standing DeskSi you're not too familiar with the trend of standing desks, knowing that you're not alone. Standing desks have only recently entered popularity and not everyone out there is too interested in them. But let me show you some of the reasons for you interested in them and consider getting a.1. You'll lose weight Generally speaking, losing weight requires burning more calories than what you're taking. You gain weight by taking more calories than you are burning. In the case of sitting in desk, it's not really burning calories even though the muscles are sore and stiff after a while. On the other hand, even things like standing actually burn calories. Research shows that the position has burned more than 170 additional calories. In other words, you could burn almost an extra 1000 calories just by being at your desk every afternoon while working. Research also shows that sitting longer is linked so strongly to metabolic disease and obesity.2. Lower blood sugar levelsAl along the same lines, sitting for long periods of time can cause your blood sugar levels to increase after meals. This is especially true among those with insulin resistance or type 2 diabetes. Even just standing at a desk after lunch can do a lot of good as some office workers attested. Researchers say standing for 180 minutes after lunch reduced the risk of a blood sugar spike by 43% compared to those sitting. This is one of the many benefits of standing tables.3. Lower risk of heart disease If you have less blood sugar and are burning more calories, you will naturally be avoiding fewer heart problems in the future. It is widely accepted at this point that the more you are sitting, the greater the risk of getting heart problems you will have.4. Lowering your back Painl wouldn't be suggesting standing tables if you didn't believe in its benefits, such as helping to relieve back pain. But there is scientific research to back up the claim that standing desks reduce back pain. One study found that participants reported 32% relief in back pain after several weeks of using standing desks. The CDC also found that using a sitting desk reduced back and upper neck pain by 54% after 4 weeks of use, too. 5. Increasing productivityA common misconception about standing desks is that they hinder daily tasks like typing. While we won't agree that while we work it will take a while to get used to, most people haven't seen a significant impact on typical work tasks. One study found that by using a standing desk for 4 hours each day, there was no impact on characters written per minute or typing errors. In fact, you can be more productive than before because of improved mood and energy levels.6. Boost mood and energyGoing in more detail with this, research shows that improved mood and energy levels is due to reduced stress and fatigue. One study found that those using a standing desk reported less of these two things. What even more striking is that when people re-sat at his desk, the overall mood and energy level returned to his original levels.7. Living longerConsidering there is less risk of many relieved health concerns just by being more up-to-law, it makes sense that you will be living longer than this overall. There is an overwhelming amount of studies showing how sitting is dangerous for health in general. So, standing up makes more sense, which is demonstrated by the different benefits of standing tables I've presented here.10 Best standing tablesA plus studies arise about the benefits of standing tables, the more they become attractive and more people are wanting to buy them. Naturally, many companies have come to this demand and provide a wide variety of options. Below, I chose some of the best desktops standing around that provide you with all the above benefits and offer some other unique aspects.1. The Most Desk Space Standing DeskThis is one of the bestsellers around and for good reason: FEZIBO's standing desk allows you to reassess the benefits of standing desks and offers a few other things to go with it. One of the key aspects of this is the great workspace. It covers a 55 x 24 space that offers plenty of space while standing. Actually, you can easily fit two desktop monitors on this desktop if you want. Buy the table here.2. Best compact adjustable desktop For those looking for a compact standing desk, the Sevilla Classics is a good selection. Unlike standard standing desks, this is more of a platform standing desk. It's meant to be at the top of a work station rather than on its own. Even with this minor case, this offers ample space – about 30 inches wide and 20 inches deep - and has a keyboard tray too. The other beautiful thing about this desk is that you can effortlessly - and without any noise - turn this into a standing and sitting desk. Buy the Sevilla Classics counter here.3. Alternative Adjustable Compact DeskOther compact desktop alternative similar to Sevilla Classics is that of ABOX. They have an electric lift desk that can be adjusted to various heights. Like Seville, it can be used for both sitting and standing. What is unique about this, however, is the slightly larger space that provides more automatic lifting of a button. Beyond that, the design is more robust and can hold up to 44 pounds. Buy ABOX standing desktop converter here.4. Best High Rise Standing Desk For those who want an even more unique design, one option is the Victor High Rise Collection. Like the previous two, this needs the support of an existing work station. However, the big key difference is where everything is positioned. Since this standing table uses a support stick, this is great for monitors if you plan to use it to stand. It also offers seated opportunities thanks to additional panels that can be attached to the support pole. Some other notable features are easy tap technology, allowing you to quickly convert. It also has a sensor it protects you and your desktop as the sensor detects objects as you descend to a sitting position. In addition, since it is a support pole, you are allowed to freely adjust the height at any time. Try it here.5. Best electrical desk in the form of LFEZIBO LFEZIBO One multitude of quality desks and another we wanted to mention was its L-shaped electric desk. It is also fully electric, being able to easily adjust it between standing heights and sitting heights if necessary. The design also makes it ideal for corner locations or if you're looking to merge multiple L-shaped desktops into a cooperative space. Try this desktop here.6. Ideal Office Study DeskA of the benefits of modern standing desks is their adjustable height. With dual engines working together, this standing desk offers a smooth and simple fit when it comes to height. This is also one of the most robust desks that are made of heavy steel. It can hold more than 260 pounds and offers the same elevations as many of the standalone desks on this list. Another nice feature is the 4 built-in buttons. This allows you to customize the height of the desktop by committing it to memory. Just press the M to fit the position and set it. Grab Ergosoft's standing table here.7. Ideal surface TopTypical standing desks often use wood or metal, but you can find the rare standing desk using bamboo. In the case of Uplift Desks, some of the surfaces are bamboo. Why is this so important? Well on the one hand, bamboo is more robust than most other materials, while it is also environmentally friendly and still looks attractive. It can lift 355 pounds with its 3-stage legs and offers dual monitor space. It even comes with an all-inclusive 10-year warranty that is coverage unlike what other companies usually offer. Get uplift bamboo desktop here.8. Alternative L-shaped standing table If you are looking for another l-shaped desk, an alternative is that of Mr Ironstone. The different advantage of this standing desk is the ease of installation and cleaning - easier cleaning is thanks to surface material that is anti-skimming and anti-scratching. Buy Mr. Ironstone's standing desk here.9. Best Standing Desktop FrameWith most desktops being able to be easily broken down, another option is simply to change the desktop base. In the case of FEZIBO frameworks, this provides the same high quality, but at a smaller price due to just getting the frame. This particular frame is made of metal, has 4 lockable locks and cable management and touch control tray, and has a length of 43.31 to 59.05 - making it compatible with most of the work station tops you're looking to attach, the frame here.10. Standing DeskSIDUCAL Laptop manufactures standing desks suitable for laptops. While it will be difficult to get a monitor, the laptop's standing desk may offer some other unique advantages. On the one hand, it is a highly mobile standing desk, allowing you to move it around an office space with since it is designed for laptops, it is light and has a panel that is adjustable for laptop placement. Finally, it still offers a decent amount of space for other items, not another desk, but office supplies, a bottle of water and other items would be fine. Buy a portable standing desk here. Bottom LineThere are many benefits of standing tables, and their modern ergonomic designs offer far beyond the existing benefits of standing up. As you can see, even these desktops offer additional benefits that any typical desktop can offer, and then some. Buy one of the stand desks suggested today, and enjoy the benefits of having one. Featured photo credit: LinkedIn Sales Navigator via unsplash.com unsplash.com

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