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Update: Controls the five best synchronization file tools for the results of this Hive Five. Computers are an essential part of our work both and personal life, which means most of us spend a lot of time on more than one computer every day. Working on computer can be a nightmare if you are trying to work with a consistent, synchronized set of files regardless of the computer you are using, so for this week Hive Five, we want to hear everything about your favorite application to keep all the important files in sync. Hit the jump for more details and to name the synchronization application you love more. Click to check if you are working and playing more computers over a week, maintaining yououra | Read more First round of the votes Hive Five takes place in the comments, in which you nominate your favorite work tool. We receive hundreds of comments, so as to make his appointment clear, please include at the top of your comment in this way: Rating: Sync App goes here. If you don't follow this format, your vote may not be counted. To prevent the tampering of the results, the votes of the first time commentators cannot be counted. After making your appointment, let us know what makes it stand out of the competition. About The Hive Five: our new series of functionality, the hive five, asks readers to answer the most frequent question we get "" What tool is the best? "Once a week we will extract a call for the contenders looking for The best solution for a certain problem, then your favorite tools tell us to do the job. Every Thursday, we will report with the first five recommendations and will give you the opportunity to vote on which it is the best. For an example, check hive Five Best Windows Backup Tools of last week. Click to view data is your life, and if you don't back up regularly, you're flirting € | Read more photos courtesy: Withthaya Prassong / Moment / Getty Images due to the Unemployment rates, Covid-19 rose sharply pandemic in the United States in the spring of 2020. By the end of April, the incredible figure of 30 million Americans had presented instance Unemployment benefit. Worse even worse, months later, many unemployed people were still desperately trying to cut all the bureaucracy and the massive volume of people to present their own unemployment claims. Since those first days of chaos, most of the states have adapted and committed improvements to manage all statements. If you are asking how to present a complaint after all the changes, we can help you understand it. To qualify for unemployment, an individual who lost the job must be admissible for work, able to work and seek actively occupation. Without a doubt, the pandemic continues launches a bit of a key in the active job search process, so that the component can vary from state to state and could change at any time. Texas, for example, has renounced their job search requirements for many months, but has reintegrated on 1st November. If you have lost your work due to the pandemic or other reasons, here are the steps to be done next to an online unemployment claim. Whether you have been fired due to the pandemic or lost work due to other unexpected circumstances, the unemployment deposit is a way to cover a part of your monthly bills while you are at work. Depending on the state in which you reside, it will be suitable for requesting online unemployment benefits, personally, on the phone or by mailing in a complaint form. Photo of courtesy: JGI / TOM Grill / Getty Images Losing work, contact your state unemployment agency as soon as possible. In most cases, it will present a complaint with the state in which he has recently worked, but if recently you were transferred from another state, which may not be the case. Currently soon, where you are currently residing may not be the state you pay you unemployment benefits if you haven't lived there for a long time. The Agency Status will provide orientation on that and any other problem that could affect your request. As previously stated, it is necessary to satisfy some criteria in To be suitable for the benefits of unemployment. In some cases, the people who have been fired, suspended or asked to take a leave of absence do not qualify for unemployment. It depends on the reason you were fired and the rules vary for the state. Also, if you left your job, it's an independent Contractor or otherwise self-employed, or you can't go back to health or other reasons, you may not qualify. (The exceptions are currently in force to qualify independent contractors and self-employed workers, but those rules expire at the end of 2020.) Courtesy photos: Stefan Wermuth / Bloomberg / Getty Images Each State has different compliance requirements with respect to minimum wages and operation Minimum hours, so we recommend consulting the unemployment agency of your status for details. Also, if your application is denied for any reason, you have the right to present an appeal to try to overturn the denial. During the initial application process, the unemployment division of each state will ask you to verify and authenticate your identity. These steps can take place while archiving your question or may be the last steps in determining your fitness. Set e-mail notifications, if possible, and look carefully any message asking for more information. These types of requests are generally very sensitive to the photo. Photo of courtesy: Justin Sullivan / Getty Images In some cases, an unemployment official intervenes you to clarify and verify the details related to your case and your identity. If you can't answer the questions correctly Á € ª, - "or not consent to this process Á € ª, -" You will probably ask you to provide the agency with documents that occur your identity. Once your fitness is confirmed, it's time to present your complaint. Almost all unemployment agencies accept online complaints, especially in the light of the Covid-19 pandemic. The online process is not only useful for pandemic safety reasons. Virtual systems also reduce errors and accelerate the complaint process. Photo of courtesy: SDI Productions / E + / Getty Images When you will present your complaint, you will be wondered some personal information, including your name, address (ES), social security number (SSN), the last 18 months of history of the Work, a record of salaries earned and the reason and dates for your employment termination. If you want to make sure your complaint is not late, make sure you complete all sections completely and accurately. Finally, keep in mind that the unemployment benefits are taxable, so it is generally wise to choose to have taxes held by each payment when the request will be opened. Most complaints are processed within two or three weeks of calendar or 10 working days, although delays may occur during periods of high demand volumes. Several States conduct telephone interviews before the final decision to help prevent potential unemployment fraud. During this interview, you will ask you specific questions about your work background and other information mentioned in your complaint. Courtesy Photo: Skaman306 / Mommmant / Getty Images Once your complaint has been processed, you will need to make an appointment at the nearest American work center for your status details. Also, if your application is denied for any reason, you have the right to present an appeal to try to overturn the denial. During the initial application process, the unemployment division of each state will ask you to verify and authenticate your identity. These steps can take place while archiving your question or may be the last steps in determining your fitness. Set e-mail notifications, if possible, and look carefully any message asking for more information. Once initial claim, make sure to keep the status of eligibility by continuing the job search as indicated. Once you start receiving unemployment benefits, you need weekly or bi-weekly files (varies for the status) online payment requests to be paid Á € ª, - "no exception. You will be asked to answer some questions about any completed job Every week and any other income you received. If you can't submit your weekly request, your benefits could be delayed delayed Not even non-existent. Photos Courtesy: Svetikd / E + / Getty Images Finally, it's important keep in mind that unemployment benefits are usually subordinated a recipient to do their part to actively try a new job. Although this rule can vary by state sometimes due to special circumstances (such as a global pandemic), the general thumb rule is expected to pursue work conductors every week and report your job search efforts in yours Weekly request. Do you have specific Covid-19 questions about unemployment benefits and stimulus controls? Our peers on Ask.com have answers. Last updated on July 20, 20, 2021 you are standing behind the tent, about making your way on stage to face the many half-faced faces in the darkness in front of you. While you move towards the spotlight, your body starts to feel heavier with every step. A family glow Echee throughout the body - your heartbeat went out of the graphs. Don't worry, you're not the only one with Glossophobia (also known as vocal anxiety or the fear of talking with big crowds). Sometimes, anxiety takes a lot before standing on stage. Our body's defense mechanism responds causing a part of your brain to release adrenaline into your blood - the same chemical that is released as if I had been chased by a Lion.Here step-by-step guide to help you overcome the Your fear of speaking in public: 1. Mentally and physically prepared to experts for experts, we are built to show anxiety and recognize it to others. If your body and your mind are anxious, your audience will notice. So, it is important to get ready in front of the great show so as to arrive on the confident stage, harvested and ready. "Your external world is a reflection of your internal world. What happens inside, shows outside." Bob proctorexercising slightly before a presentation helps to circulate blood and send oxygen to the brain. The mental exercises, on the other hand, can help calm the mind and nerves. Here are some useful ways to calm your heart from running when you start feeling butterflies in your stomach: Heat Upif is nervous, it is likely that your body will feel the same way. Your body becomes tense, your muscles feel tight or you're breaking cold sweat. The audience will notice you are nervous. If you look at this is exactly what is happening to you minutes before a speech, make a couple of sections to loosen and relax your body. It is better to warm up before any speech as it helps to increase the functional body potential as a whole. Not only that, muscle efficiency increases, improves reaction time and movements. This is some exercises to loosen your body before showing the time: the neck and rolls of the shoulder - Á € ª, - "helps to relieve the tension of the upper body muscles and the pressure like the scroll focus on the rotary The head and shoulders, loosen muscle. Stress and anxiety can make us rigid within this area that can make you feel rough, especially when standing. Arm extends - we often use this part of our muscles during a Speech or presentation through our gestures and hand movements. Stretching these muscles can reduce the fatigue of the arm, loosen and improve the range of body languages. Twist alive - Put your hands on the hips and rotate your life in a circular movement . This exercise focuses on the loosening of abdominal and lumbar regions which is essential as it can cause discomfort and pain, further amplify all the anxieties that can be experienced. Stay hydrated in severe felt seconds before talking? And then arriving on the stage from the sound And scratched in front of the public? This happens because the adrenaline from the fear of the stage makes sure that your mouth becomes dried. To avoid everything, it is essential that we are adequately hydrated before a speech. A sip of water will make your trick. However, drinking in moderation so Won't need to go to the Constantly Try bathroom to avoid sugary drinks and e Since it is a diuretic Á € ª, - "which means you will feel bristly. You will also amplify your anxiety that prevents you from speaking smoothly. MeditateMeditation is well known as a powerful tool to calm your mind. ABC Dan Harris, co-anchors of the Nightline line and good morning of America Weekend and author of the book held 10% happy happier, recommends that meditation can help people feel more calm, faster. Lameditation is like a workout for yours Mind. It gives you strength and focuses to filter negativity and distractions with words of encouragement, trust and strength. The meditation of minninglicity, in particular, is a popular method to calm before getting onto the great stage. The practice includes sitting comfortably, focusing on your breathing and then bringing the attention of the present of your mind without the drift in doubts about the past or the future - which probably includes the f Loundering on stage.This "is a nice example of guided meditation before speaking in public: 2. Focus on your goalkeepers, people with a fear of speaking in public have in common you are concentrating too much about themselves and the Possibility of failure. Am I fun? What happens if I don't remember what to say? I look stupid? People will listen to me? Does anyone worries what I'm talking about? Á, "Instead of thinking this way, move your attention to your true purpose - contributing something value to your audience. Decide the progress as your audience to do after your presentation. Note their movements and expressions to adapt your speech to make sure you have a good time to leave the room as better people. If your focus is not useful and what should be when you're talking to, then move it to what it does. This is also the key to establishing confidence during your presentation as the public can clearly see that you have their interests in the heart.3. Convert negativity into positivities There are two sides that constantly fight within us - one is full of strength and courage while the other is doubtful and insecurity. What will you give you? Á, "What will you confuse this speech? What happens if I'm not fun enough? What happens if I forget what to say? Á, Á «There is no wonder because many of us are uncomfortable by giving a presentation. Everything that we do is bring us back before we had the chance to show ourselves. This is also known as self-compensation prophecy - a conviction that becomes reality because we act as if it were already. If you think you're incompetent, then you will become true. Coachsmotivational coaches make the tout that mantra and positive statements tend to increase your confidants for moments that matter more. Done to yourself: Á € ª, - "assert this speech and I can do it! Á, Á, - Take advantage of your adrenaline race to encourage the positive result rather than thinking about the negative Á € ª, - - What IFSA € Á, Á "e. HereHere SA Video of the Kelly McGonigal psychologist who encourages its audience to transform stress into something positive and provide methods on how to deal with it: 4. Include your content that your content at hand helps reduce Your anxiety because there is one thing less to worry about. A way to get to go there is numerous times before your true speech. However, the storage of your writing-word-word is not encouraged. You can end Freezing, if you forget something. It also risks that they risk playing unnatural and less accessible. Á, Á, - á € "The amount of reading or memorization will be succeeded in life. It is understanding and the application of wise thinking that count. Á »Bob Proctoryany People inconscious ialy commit the mistake of reading from their slides or storing their word-word writing without understanding their - A defined way to spread themselves. Discussing your speech flow and the content makes it easier to convert ideas and concepts in your words that you can clearly explain to others in a conversational way. Design your slides to include text text It is also an easy hack to make sure you remember the stream quickly when your mind becomes empty. One way to understand is to store concepts or over-arching ideas in your field. It helps you speak more naturally and let your personality go through. It's almost like taking your audience a trip with a few key milestones.5. The practice makes most people perfect, many of us are naturally in harmony to speak in public. Individuals rarely walk up to a large audience and present impeccably without any research and preparation. In reality, some of the best presenters make it seem easy during the showtime because they spent countless hours behind the scenes. Even the great speakers like the late John F. Kennedy will pass months by preparing his speech before. Public who spoke, like any other ability, requires practice - if you practice countless speech times in front of a mirror or take notes. As the proverb says, the practice makes perfect! 6. Yes authentic, there is nothing wrong with feeling stressed before climbing to speak in front of an audience. People are afraid of being afraid to speak in public because they will fear that others will judge them to show their true, vulnerable. However, the vulnerability can sometimes help you overcome as more authentic and relationships as a loudspeaker. Drop the fiction of trying to act or speak like someone else and you will find that the risk is worth. It becomes more genuine, flexible and spontaneous, which makes it easier to manage unpredictable situations - if you get questions that are difficult by the crowd or experiencing an unexpected technical difficulty. To discover your authentic style to speak is easy. Simply choose a topic or a problem that you are passionate about and discuss as well as you would normally like a close family or a friend. It's like having a conversation with someone in a personalized personal environment. A great way to do it on the stage is to select a member of the random public (with a hopefully calming face) and talking to a single person at a time during your speech. You will find that it is easier to try to connect to a person at a time of a whole room. That said this, being quite comfortable to be yourself in front of others could take some time and some experience, depending on how comfortable you are with being yourself before others. But once you have embraced it, the fear of the stage will not be intimidating as initially you thought. Presented as Barack Obama is a first example of a genuine and passionate speaker: 7. Post speech evaluation but no less important, if you have made it speak in public and have been scarred by a bad experience, try to see it as a lesson learned to Improve yourself as a loudspeaker.don t will boil you after a presentation the hardest from ourselves and it's nice to be. But when you finish delivering your speech or presentation, give yourself a little recognition and a pat on the back. You managed to finish everything you had to do and didn't give up. You have not allowed your fears and insecurities to you. Take a little pride than your work and believe in yourself. Implare your next records mentioned before, the practice makes it perfect. If you want to improve your public skills, try asking someone to film you during a speech or a presentation. Subsequently, look and observe what you can do to improve yourself next time. This is some questions you can ask for you after every speech: how did I do? Are there areas for improvement? I played or seem stressed? I stumbled on my words? Why? I was saying Á € ª, - á "umÁ € ª, - á, - too often? How was the flow of speech? Write everything you observed and continue And improve. On time, you will be able to better manage your fears to speak in public and appear more confident when they count. If you still want more suggestions about the public or offering a big presentation, see also these articles: Also these articles: Also these articles: Articles:

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