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September 3, 2013 3 min read Opinions expressed by entrepreneurs co-workers are their own. Students can go back to school and prepare to go to books, but entrepreneurs - regardless of age - should also consider adding a few skills to their repertoire. As a serial entrepreneur, I had to constantly learn, ask for help and look for resources to stay ahead of the game. As a result, the school is always in session. Therefore, it is your responsibility to learn every aspect of what will make your product successful. Here are three key areas where you should have knowledge: 1. Design The most common complaint I hear from designers, both friends and employees, is the phrase make it look spicier. It's a phrase that communicates that you don't like something about designer work, but you're not sure what it is. Learning the basics of what looks good, why it looks good and what goes into making you look like this will make designers excited to work with you. Not only that, but it also defends you in the ability to communicate your needs to an artistic team in a meaningful way. Related: Tim Ferriss on mastering any skill 2. Google Search Optimization is very open to the fact that a company often changes the way its search engine ranks websites. The search giant has also written several guides that explain the basics of search engine optimization, or SEO, professionals actually do. If you want to stay at the forefront of your search, read. Understanding the basic principles of getting greener traffic to your site will help you demixify an industry that has benefited from unsuspecting consumers. Related: Seth Godin on 3 Basic Skills Every Entrepreneur Should Cherish 3. Creating websites In today's world, you're kidding yourself if you don't think programming is a necessary skill. You don't need to understand every nook and cra event, but knowing the basics of coding will provide a foundation that allows you to communicate with developers and make minor adjustments. Getting started with coding is as easy as signing up for the free online service Codecademy and using their resources to understand the basics. Entrepreneurship is the joy of the system. Integrating different resources and learning new skills will help you have a huge foot in the competition. What other skills are important to entrepreneurs? Let us know in the comments below. Get discounts on books you love delivered directly to your inbox. We'll present another book every week and provide exclusive offers you won't find anywhere else. Strengthen your business knowledge and reach your full entrepreneurial potential with exclusive Entrepreneur Insider benefits. For \$5 per month, get access to premium content, webinars, ad-free and more! Plus, enjoy a free 1-year-old entrepreneur entrepreneur Subscription. Create your business plan at half-time with double the impact using entrepreneur BIZ PLANNING PLUS powered by LivePlan. Try risk-free for 60 days. In this section: These FDA Food Labeling websites address food labeling requirements under the Federal Food, Drug and Cosmetic Act and its amendments. Food labelling is required for most prepared foods, such as bread, cereals, canned and frozen foods, snacks, desserts, drinks, etc. Nutritional labelling of raw products (fruit and vegetables) and fish is voluntary. We call these products conventional food. For details about dietary supplements, a special category of products that are under the general food umbrella but which has separate labeling requirements, see Dietary supplements. * * Terms such as functional foods or nutraceuticals are widely used on the market. Such foods are regulated by the FDA under the authority of the Federal Food, Drug, and Cosmetic Act, even though they are not specifically defined by law. What's New Topics Related Content Trans Fat Healthy People Initiative Guidance/Regulations Back to Top Last Updated on January 15, 2021 A popular idiomatic saying that actions speak louder than words have existed for centuries, but even to this day most people struggle with at least one area of nonverbal communication. Therefore, many of us aspire to a more confident body language, but do not have the knowledge and tools necessary to change what is largely unconscious behavior. Given that the perception of our competences and self-confidence is mainly influenced by the perception by our other faces and bodies, it is important to develop greater self-awareness and consciously practice better posture, posture, eye contact, facial expressions, hand movements and other aspects of body language. AttitudeFirst thing: what is your attitude? Let's start with a quick self-injury. Have your arms fallen or retreated vertically? When you get up, do you evenly distribute your weight or too lean aside? Does your natural posture place your feet relatively wide on your shoulders, or are your feet and legs close together in a closed position? When you're sitting, does your lower back protrude in a sloping position or maintain a straight, spine-friendly posture in your chair? All these issues are important when evaluating and improving posture and posture, which will lead to a more confident body language over time. If you routinely struggle with maintaining a good posture, consider purchasing an posture trainer/concealer, consulting a chiropractor or physiotherapist, stretching daily, and strengthening both the core and back muscles. Facial expressions Do you have a tendency to any of the following personal settings or Bruxism (tight, (tight, jaw or teeth grinding) Frowning and/or furrowing eyebrows Avoiding direct eye contact and/or staring at the ground If you answered yes to any of them, let's start by exploring the different ways in which you can display a confident body language with facial expressions. 1. Understand how others perceive your facial expressions A December 2020 UC Berkeley study by UC Berkeley and Google researchers used a deep neural network to analyze facial expressions in six million YouTube clips representing people from more than 140 countries. The study found that despite socio-cultural differences, people around the world typically use about 70% of the same facial expressions in response to different emotional stimuli and situations. Researchers also published a fascinating interactive map to demonstrate how their machine learning technology assesses different facial expressions and identifies subtle differences in emotional responses. This study highlights the social importance of facial expressions, because whether we consciously realize them — looking in the mirror or on a screen on a video conferencing platform — the way we present our faces to others can have a huge impact on their perception of us, our self-confidence, and our emotional states. This awareness is the basic first step towards2. Relax Your FaceNew research on bruxism and facial tension found the stresses and anxieties of covid-19 blockages have led to a significant increase in orofacial pain, jaw clenching, and teeth grinding, especially among women. The National Institute of Dental and Craniofacial Research estimates that more than 10 million Americans alone have temporal-mandibular joint disorders (TMJ syndrome), and facial tone can lead to other complications such as insomnia, wrinkles, dry skin, and dark, puffy bags under the eyes.) To avoid these unpleasant results, start practicing progressive muscle relaxation techniques and take breaks more often throughout the day to moderate facial tone. You should also try several biofeedback techniques to increase your awareness of your body's involuntary processes such as facial tone and achieve a more confident body language as a result. 3. Improve eye contact, you know that there is a whole subfield of kinesitic communication research devoted to eye movements and behaviors called opulesics? It refers to a variety of communication behaviors, including direct eye contact, visual inversion, pupil dilation/stenosis, and even flashing frequency. All these qualities can shape the way other people perceive you, which means that eye contact is another area of non-verbal body language that we should be more aware of about social interactions. The ideal type (direct/indirect) and duration of eye contact depends on many such as cultural setting, differences in power/power/age between the parties communication. Studies have shown that differences in eye contact effects are particularly pronounced compared to east and western European/North American cultures. To improve eye contact with others, try to maintain constant contact for at least 3 to 4 seconds at a time, consciously think about where you are looking, listening to someone else, and practice eye contact as much as possible (as strange as it may seem at first, this is the best way to improve).3. Smile MoreThere are many benefits of smiling and laughing, and when it comes to working on a more confident body language, this is an area that should be playful, low-stakes and relatively stress-free. Smile is associated with the happiness of the chemical dopamine and mood-stabilizing hormone, serotonin. Many empirical studies have shown that smiling usually leads to positive results for a smiling person, and further research has shown that smiling can affect listeners' perception of our self-confidence and credibility as well4. Hand gestures Similar to facial expressions and posture, what you do with your hands when speaking or listening in conversation can significantly affect the perception of you by others in a positive or negative way. Without a doubt, it is difficult to consciously account for all your nonverbal signals while trying to remain involved in the verbal parts of the discussion, but the introduction of an effort to develop greater bodily awareness will now greatly facilitate the unconsciously more confident body language project later.5. Enhance Your HandshakeIn the article,Anthropology of handshake, University of Copenhagen social anthropology professor Bjarke Oxlund assessed the future of reconciliation in the aftermath of the Covid-19 pandemic: Handshakes not only differ in function and meaning, but it depends on social context, situation and scale. . . a public discussion should begin on the pros and cons of sticking to the tradition of shaking hands as a conventional gesture of welcome and leave in different circumstances. It's too early to determine some of the ways in which Covid-19 has permanently changed our social norms and professional etiquette standards, but it's reasonable to assume that reconciliation can retain its relevance in American society even after this pandemic. To practice a more confident body language in the meantime, the video about learning the perfect handshake below explains what you need to know6. Complete your verbal hand gesturesAs you already know, a certain communication requires much more than just smiling more or sounding like you know what you're talking about. What you do with your hands can have a particularly big impact on how others perceive you, whether you're playing with an object, clenching your fists, hands in your pockets, or calmly gesticulating to highlight the important points you are discussing. Social psychology researchers have found that iconic gestures — hand movements that seem to have a significant connection to the speaker's verbal content — can have a profound impact on listeners' retention of information. In other words, people are more likely to engage with you and remember more of what you said when you speak with complementary hand gestures rather than just your voice. Further research on hand gestures has shown that even your choice of left or right hand for gesticulation can affect your ability to clearly communicate information to listeners, which confirms the belief that a more confident body language is easily attainable through greater self-awareness and deliberate non-verbal actions. Final takeawayDevelopment of better posture, increased facial expression and practicing hand gestures can significantly improve communication with other people. In the beginning, it will be difficult to consciously practice nonverbal behaviors that many of us are accustomed to exercising every day without thinking about them. However, if you ever feel dishonorable, remember that there are no downsides to consistently introduce a little more time and effort to increase your bodily awareness. With the above tips and strategies, you'll be on track to adopt a more confident body language and strengthen others' perception of you in no time. For more tips on developing a certain feeling of Body LanguageFeatured photo credit: Maria Lupan on unsplash.com unsplash.com

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