

Chapter 1 : Office Etiquette Signs, Courtesy Signs, Workplace Etiquette Signs

Sean Pettit and the Superproof team kick off their ski season in Whistler, BC. Coming off of an ankle injury last winter, Pettit is eager to get his skis back on the snow. The winter might be off.

In this article, we will give you a few tips and tricks as to how you can make your makeup sweat-proof during summer. These are simple tips that you will be able to follow easily and will be able to wear your makeup during hot weathers, without letting it slip away from your face. So, here are eleven tips just for you. If you have a proper base, then your makeup is going to stay on your face for a long period of time. So, use an oil-free moisturizer in the morning and then opt for an oil-free foundation to match with it. Most of us tend to skip this step, but the key to long-lasting foundation and makeup is to use a primer. Apply a light-weight, oil-free formula on a moisturized skin before you apply your concealer and foundation. Use The Right Concealer: Your blemishes and wrinkles do not disappear in hot weather, but your concealer can if you have used the wrong kind. Liquid concealer tends to melt off from your face during hot weather, so the best option would be to pick up a cream formula. Simply dab the concealer on dark circles with your ring finger and then pat it gently to blend it. If you have red spots, then apply it with a small brush. The less foundation you wear, the less there is for it to slide off from your face. So, all you need is a dampened makeup sponge because this is a perfect tool to apply your foundation, so that it goes on light and sheer. Add a few drops on a dampened sponge and then swipe it from the center of your face outward in short strokes. Leave it for a minute, so that it can set and then you can apply the rest of your makeup. Opt For Creamy Shadows: The main purpose of a bronzer is to make the eyes look brighter and the teeth whiter. It adds warmth to the skin. So, apply a bronzer in the areas where the sun hits you, like the forehead, chin, nose, and cheekbones. You can use powder bronzers, as it is easier to apply. If you wear your hair up or have a short hair, then apply a little amount of bronzer on your neck and earlobes as well. If you use rich, deep colours all the time, then try not to use it during summer because they can look heavy on your face. So, opt for sheer lip colours and eye colours. Use a lip liner if you want extra definition, but opt for nude lip shade. Lip liners will help you stop your lip colours from bleeding and also sheer colours will definitely look good during hot weather. Say No To Powder Blush: The main purpose of a blush is to add balance to any look. Powder blush might get cakey on your face during the hot weather. So, use a gel blush or a blush stain, as these formulas have a long lifespan in hot weather. If you want it to stay for a longer period of time, then just dust the setting powder on top of it. Use A Blotting Paper: Some of us have oily skin, some have dry skin and some have combination skin. So, for women with oily skin and combination skin, blotting paper is a must. To eliminate unsightly shine from your face, just press a piece of blotting paper over the areas where you see excess oil and then with the help of a makeup brush, sweep a little bit of pressed powder. Keep your heavy matte lipsticks away and opt for lip stains. Lip stains have a long-lasting formula and these give a sheer coverage. The other lovely benefit is that you can always add a lip balm on top of it without having to worry about smudging. For summery look, go for peach, nude, shades of pink, etc. Your skin tends to become oily during summer, so if you want to be photo-ready all the time, then make sure you carry blotting papers, so that you can whisk away the sweat and oil from your skin and make your skin look fresh and photo-ready.

Chapter 2 : 5 Tips To Keep Your Chin Up - Venngage Infographic Templates

Keep Your Tips Up S1E7. Down days in Alaska force the crew to get creative with their time, but good things come to those who wait. 11 min. The Off Season. Keep Your Tips Up S1E8.

Incites visitors to check back often for new content and updates. Allows you to feature company news like new products, services, or meetings. Gives you a chance to provide value to lead to sales without directly pitching your leads all the time. Of course, the above are just a few reasons to keep your site updated but there are also negative effects of a stale website. For instance, if visitors see outdated announcements or content, they may assume you no longer support your business. This could lead them to buy from a competitor instead of you. To get the most out of any garden, you must prune, trim, fertilize, aerate, plant, and remove pests in a strategic manner. Your website is the same way. It needs regular maintenance and updates to keep it functioning properly, attracting visitors, and generating maximum revenue. Learn more about WordPress here. Add a blog and keep it updated. For example, I created ComfyEarrings. What are your visitors interested in? Maybe the newest business book or a hit movie? Write a review and share it with your visitors. Create a poll asking about their biggest questions and concerns. Then, write content to address those things. Do you have a lesson or insight to share? Did something happen this morning that relates to your business? Do you do something quirky to spread the news of your product? Write about those things. You can do this via email or phone. Then, turn the interview into a blog post. Or take a cue from the folks at Marriott. Bill Marriott, chairman and CEO of Marriott International, updates this blog roughly once a week and posts about everything from company stories to lessons learned. One article per week should be plenty and then you can repurpose that content into infographics, social updates, email blasts, and more. An updated and relevant blog will also drive more traffic to your website and help you become an authority in your industry. Just look at the Sharpie blog where they share Sharpie creations, tutorials, and more: Visit, read, and interact with your own website. Go to your site and look around. Is the user experience good? Does anything seem outdated? What questions do you have? Be honest with yourself and you should see several things you can spruce up right away. Here are two techniques you can try: Have someone else visit and critique your site. Or better yet, use a service like UserTesting. You can even watch how they use your site to decide if your calls to action are as obvious as you think. Visit a few other websites in your industry for inspiration. What do they talk about? How do they keep their site up-to-date and fresh? Add images and videos to your site. Just remember to make your images and videos search engine friendly so the search engines can see your new content. Depending on your business, you could create a gallery page to show off your new projects, like this from AbeCajudo. Or you could make a shopping page to feature new products, like this one from merchworld. Videos are also a great way to update your content. You could offer training videos or even product demonstrations. Keep up with web design trends. So how should you change your graphics? One idea is flat design. Not only is it really popular now, but Apple also cemented its popularity with iOS7. According to this article from The Next Web, flat design is here to stay, at least for now. And, speaking of trends, sliders appear to be on the way out. Here are a few reasons why this may be: Sliders tend to load slowly, slowing down the rest of your site and causing frustrated users. And, of course, sliders can distract your visitors from the real actions you want them to take like signing up for something or buying your product. Simply remove your slider. Instead, put your best, most current content or an opt-in offer in that space. Update other content besides your blog. If you have a blog, great job! Here are a few things to freshen up regularly: Social media profiles and updates. If you have social media profiles tied to your site, be sure to check in and update often. If this is an issue, try a tool like Hootsuite to schedule future posts. Check your main pages for outdated information and references. Maybe when you first started your business, you used character references instead of testimonials. Often you might have a policy in place and create your content with that in mind. If something changes like your shipping or guarantee policy make sure to update all relevant information to avoid customer confusion or customer support issues. If your testimonials have dates or if your sales rely on social proof, make sure to ask for and encourage testimonials. Then, remember to update your site with those. No

one wants to buy an Internet marketing guide written in , right? Here you can add the status of your production, new products on the way, new partnerships, and more. Just remember to update this often to keep a fresh website. Be sure to do this to protect your website from user issues and potential scam artists. If you need help with this step, check out this article for more information. As you can see, there are many ways of keeping a fresh website. Personally, I strive to update my blog once a week and my social media statuses several times each week. A small- to mid-size company could spend as little as a few hours each month updating their website. A larger company could benefit from a full-time team member updating the site, content, and social media profiles. Just remember, a fresh website and updated content equals a better search engine rank, more traffic, repeat visitors, and many other benefits. The results will be well worth it! So, how about you? Are you planning to update your website soon? Or is it already a fresh website?

Chapter 3 : Waking Up My Day: Tips to keep your place safe

8 videos Play all Keep Your Tips Up | Season 1 Red Bull Learn The Siberian All Night Log Fire - Duration: Far North Bushcraft And Survival , views.

Stay in the game. Stay in the game for the next three months! Most real estate agents are slowing down their activities. The agents who keep prospecting right now will have more listings and sales between now and the end of the year, and set themselves up for a very profitable January and February. Your agents will go from selling two houses per month to selling four or six per month. Ask agents on your team: Who are the top 10 buyers or listing leads you have that are ready to list or buy this month? They must be getting actual face-to-face appointments with the names in their pipeline, in order to actually convert the leads into income. Keep your daily prospecting schedule. A daily reminder on your Facebook group page, or a text or email out to your team, will keep this top of mind. Everyone on your team should be calling people a day until they fill their calendar with appointments. Hold a call event for your team. Get your agents talking to their sphere, past clients, leads and neighbors with a special Team Call Day or Evening. Bring in food and set goals for your team for highest number of calls, new listing leads, new buyer leads, actual set appointments, and pre-approvals generated. Have a fourth quarter listing or sales contest for your team. Kick off the fourth quarter with a contest for the last 90 days. Give away cash, a trip or a prize, and make it fun! Everyone loves recognition and a good challenge. Your team will have incentive to make the extra call or do that one extra open house this month. You should share the successful results with your team weekly: Everyone thrives in an environment where there is healthy and fun accountability. If you set the goals each month for the last quarter and communicate them to your team—and then offer to help them achieve their goals—you will be maximizing the last three months and making it happen! Most of the industry stops working during the holiday season. If you get your team to stay in the game, you will help them realize more listings or sales, and be the reason they finished the year strong and also set themselves up for a strong listing, sales and closing month in the first quarter of next year. With 20 years of experience in real estate, Johnson offers coaching, consulting and keynotes, and is a national speaker for the Homes. Facebook Comments Marketing and Advertising Deduction Tip Did you know that production costs such as writing and design fees, whether the materials are produced by an agency or part-time hire, are also deductible?

Chapter 4 : 6 Tips to Having Your Makeup Last All Day - The Everygirl

Read the Keep Your Tips Up blog. Follow the latest updates about Keep Your Tips Up on POWDER Magazine.

First, a quick explanation: The focus of this guide is combat sports like MMA, muay Thai and boxing. That said, to a degree, you can use the same information for self-defense and traditional martial arts as well. In those, you sometimes have to keep your hands in a specific place, for instance on center-line, chambered at the hip, etc. Some of the ideas I write here will apply there as well, but not all of them. As always, use whatever you can and ignore the rest. Second, why is it important? Why is there even a need to keep your guard up in a fight? True enough, it happens. The most popular example of this is Muhammad Ali, who routinely dropped his hands or just kept them all the way down and still beat his opponents. Here he is in action. Do you have his level of skill? So no matter how good you are, there comes a time when a sloppy guard will come back to haunt you. The reason why a high guard is important is simple: As a final point, there are two parts to learning how to keep your guard up in a fight: Keeping it up as you do a technique. There are relatively few techniques where you completely drop your hands down from their guard position. When you punch or kick, you typically keep at least one hand high to protect your face. This is also part of keeping your guard up. Some tips will apply to both aspects, others to just one. Give them all a try and see what works best for you in each case. Here you see Rob Kaman demonstrate it: This is a pretty standard guard position for ring sports. For MMA, the arms are often more outstretched towards the opponent and for boxing it might also be a little different. Some worked well for certain students but not so much for others. The same applies to you or your students. So you might have to experiment a bit or mix-and-match until you find the one that you can use best. Make it a basic rule. The first thing I teach students is the on-guard position. As soon as I get them in it, I tell them the first rule of competitive fighting: This includes keeping your guard up. If you can get a fighter to learn this basic rule from the get-go, it saves time having to correct him on it later. Pick up two phones. I tell them to imagine taking a call on two phones at the same time. Without fault, they all assume a basic on-guard position with their hands high and elbows low. Instinctive on-guard position! Push your fists against your cheeks. This is a little trick that sometimes helps if you keep forgetting to raise your guard: This time, push your hands or gloves into your cheeks so you actually feel the pressure. Then, start training and every time you notice you drop your guard or your coach tells you, raise your hands and push them back in again. Know when your hands are moving and when not. It just happens automatically. For a couple of training sessions, focus on not moving your hands when you do footwork, when you kick, etc. Then, focus on keeping the back hand stationary as you allow your lead hand to move. Practice in front of a mirror. Watch how you move, watch how your hands move when you step, punch, kick, etc. Get some punishment for your mistakes. Have a partner tap you in the face every time you drop your guard. Get a third man to punish you. Work with a partner as before, but now you have a second partner stand to the side and slightly behind you. Each time you drop your hands, he taps you in the face. Emphasize retracting your hands when you punch. Many fighters drop their guard by dropping their striking hand after it lands a shot. Instead of retracting to the on guard position, they drop it down and loop it back up. Train hard to retract your punch just as fast as you throw it, while simultaneously putting the hand back in its high, guarding position. Assisted heavy bag training. Hit the heavy bag as a partner holds it with one hand, a padded escrima stick in his other. If you drop your hands, he hits you with it. Again, not hard, just quickly so he can land the stick through the opening your dropping guard is leaving him. You can also do the same drill with a partner standing to your side and slightly behind you again, just like before. No hand movement, no feinting, nothing. For the last several years, he has used a specific on-guard position: Even more, he seems to be using his index finger to the temple as a reference point. But these are the tips and ideas I personally have used for decades and they work. It takes practice and effort, but you can get a better guard if you work at it. Conclusion When I competed, I usually had a pretty good guard. Does this mean you can never drop your hands when you fight? No, not at all. Hand movement can hide your intent and techniques and set up punches, kicks, takedowns, etc. There is something wrong with not being able to keep your guard up when you want or need to. Good luck with your training!

Chapter 5 : 70's Lang "Keep those tips up poster?"

A new season of Sean Pettit 's "Keep Your Tips Up" premieres Nov. 16, and while we won't spoil the fun and reveal everything that's going to happen, we can say definitively that you aren.

Want to become a makeup reviewer? Enter Your Email for a Chance! Below are foolproof tips to keep your makeup looking flawless all day long. In order to have a fresh canvas, you must exfoliate no more than twice a week any more and you may irritate your skin, leading to irritation, broken capillaries, or acne. A quick and easy scrub to exfoliate your skin with is sugar and coconut oil. Moisturize Moisturize your skin before applying makeup. Moisturizer is a step that should never ever be skipped! Applying moisturizer before your primer will ensure that your makeup stay in place and look fresh all day long. If you have oily, acne-prone skin, go for a moisturizer that is oil-free; on the other hand, if you have dry skin, pick a moisturizer Never ever skip moisturizing, it will do you so much good. Applying moisturizer on the skin is one of the best trick to keep makeup on all day. It hydrates the skin, it preps the skin for foundation and it smoothens out the skin too. If you have oily skin, pick an oil-free moisturizer. If you have dry skin, look for a moisturizer with ceramides, niacinamide and hyaluronic acid. These three ingredients will moisturize, strengthen and plump your skin. Always Apply Primer Primer is the number one rule to keeping your makeup looking fresh and lasting long. Blot, Blot, Blot Away Use blotting paper to keep shine away. Another trick to keeping your makeup looking fresh is to not touch your face. This will also reduce breakouts and fine lines as constant pulling, arranging, tugging and picking only brings bacteria and stress to your beautiful visage. With blotting sheets, you can fix your makeup or blot away sweat without ever having to touch your face. When blotting, be sure to pat and not wipe away excess oil. Go Waterproof Waterproof eye makeup is the longest-lasting kind of cosmetic. Waterproof makeup makes the upper echelon of cosmetics with staying power. I mean, this kind of makeup was made to last in the craziest of conditions: So when it comes to making your eye makeup last, waterproof eye products are the way to go. Eyeshadow Touch Up Reblend eyeshadow before applying another coat. Eventually, even with primer, eyeshadow will crease up. You can definitely blot your eyelids, but regardless of what you do, you may need to touch up your eyeshadow throughout the day. Not too often though! You can use your finger or an eyeshadow brush to re-blend. To hold the look in place, dust translucent finishing powder over your lids you can also do this with lipstick to make it last longer. Pick the Right Colors Go natural for daytime makeup. If you want your makeup to look fresh all day, you need to first choose the right colors. Stick to earth tones and feel free to kick up your look with a touch of shimmer. This will result in a look that does not need to constantly be retouched and an easier day ahead. Less is More Last, but not least, light makeup is the best makeup when it comes to looking like you just applied your makeup 5 minutes ago. Avoid powder blushes and stick to a cream blush that will hold well and look better in hot weather. Did that accidentally rhyme? These easy beauty tips are little readjustments to your daily makeup routine that will help in keeping your makeup looking fresh and lasting long. When it comes to makeup application, a perfect canvas is key. Here at Makeup Tutorials, we pride ourselves on bringing you the most outstanding makeup content on the web – right from the beauty pros themselves! We want to share our passion for makeup and beauty and inspire you to create amazing day-to-day looks that are simple, effortless, and reflect the real beauty inside of you.

Chapter 6 : 4th Quarter Sales: 5 Tips to Keep Up Momentum on Your Team |

Lange Classic Tips Up 's Ski Poster This Lange reproduction poster "Keep Those Tips Up" image is classic Lange material. This poster features a model (Lange Girl) from in a yellow one-piece suit.

But you know what? But, I have found that decorating, for me, encourages me to keep up with my planner. The decoration goes hand-in-hand with the functional elements of my planner to create a system that is fun and keeps me organized. I want to show you that there are other ways "beside decorating" to make your planner an efficient organization system for you. Make it that one place where you list out everything "appointments, tasks, events, holidays, habits, chores, goals, etc. Simply make it something that pleases you to look at. Whether that means a pretty cover, or a fun bookmark, or even just using a bright colored pen, making your planner visually appealing will encourage you to use it. Instead of just writing a task down, put a checkbox next to it. Track your water intake my coloring in a small glass of water for every glass you drink. These simple steps make you far more likely to actually get that task done, workout, or drink water. Try making your tasks or habits interactive in some way, and see how it affects your motivation to actually get it done. Have your planner monogrammed or personalized. Make your planner mean something to you. Make it part of your routine. Schedule out a block of time every week, every month, or even every day to update your planner. Keeping up with your planner is about maintenance. But if you attempt to plan everything out at once or put off updating your planner for weeks or months at a time, it will be overwhelming. Things will fall through the cracks. You might even start to look forward to planning sessions as a fun, creative outlet, or a chance to be alone and think about you, your goals, and your life. Remember that having a functional planner is all about finding out what works for you.

Chapter 7 : 5 Tips for a Fresh Website

Find best value and selection for your Keep those tips up Lange Ski Poster search on eBay. World's leading marketplace.

Chapter 8 : 8 Ways to Keep Your Makeup Looking Fresh All Day

Blephadex has 5 makeup tips to reduce the chance of harming your eyes health and protected while keeping your eyes radiant and sparkling with makeups.

Chapter 9 : Top Five Tips for Keeping Up with Your Planner - Whatever Bright Things

Yes, this will cost money, but like a tune up for your car, it will keep your camera running longer "which will save you quite a bit of money compared to buying a new one.