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Vibrational energy levels pdf

It's probably no surprise to you that when your energy is low your job suffers, but too much energy (constant interruptions and deadlines) can kill your productivity too. Since 2003, Theresa Welbourne, founder of EePulse, Inc., a leadership consulting firm, a business professor at the University of Nebraska-Lincoln, has been studying energy levels for business leaders through regular research. To date, it has accumulated more than a million data points. According to the latest report, 82% of business leaders do not work at the optimal level of energy. Of the 540 participants, 61% said they worked below the best energy level, while 21% reported working above the optimal level of energy. The findings are problematic for Welbourne, who notes that studies from hundreds of thousands of people show optimizing and directing energy drives of high quality and growth. What we taught people as tried and correct leadership and management [methods] just doesn't work anymore, she says. If you create an environment where people can't focus and do their job, it affects productivity, she says. We have spoken with Welbourne to find out what causes this disconnect, and what can be done to solve the problem. Here's what she proposes:1. Monitoring energy levels Energy reflects efficiency, Welbourne says. As energy fluctuates, Welbourne offers regular checking with his leadership team, asking two questions: Where are you on energy? Where are you the best? If you know how they do, it gives you a good idea of how the rest of the organization is doing, she says. Being higher or lower than your optimal energy level can cause problems. Leaders who are constantly interrupted are too high-voltage in a state that leads to a loss of productivity and burnout, Welbourne notes. On the other hand, managers working too much below the optimal level of energy often avoid challenges and are bored. Routine kills energy, Welbourne says. It is therefore important that businesses cut red tape and shake things a little. If you can not get rid of weekly meetings, switch the day, time and location. Welbourne offers to check with his leadership team via Skype to find out what everyone is working on. It works better than listening to the same reports in the same format week after week. The most important thing, she says, is to replicate the startup experience. Less bureaucracy makes people more fed at work, she says.3. Add energy to your measurement metrics You measure sales, quality and growth, why not add employee energy to the mix? One of the advantages of regular checking is to get timely information about productivity problems when you can, of course, get it right. For example, Welbourne worked with a call centre customer and registered weekly with staff. One question she asked was whether anyone was getting into employee productivity in a way. The respondent mentioned that the new security guards would not allow anyone to enter the building 8 a.m., and they couldn't get to their tables and start work by 8:15. Due to these regular registrations, the problem was immediately corrected. Not every company has to check that often. If there is a big change in your company (e.g. merger or growth), Welbourne recommends checking in weekly or bi-monthly to two weeks. Other companies can check in once a month. [h/t: USC Marshall Business School] Anyone looking to add a little frisson to solo play or have sex with their partner should turn their attention to the amazing world of vibrators. Not sure where to start? Welcome to our guide to the best vibrators, with options for men, women and couples. While we're all looking for more home activities to get us entertained throughout the lockdown, the vibrator can tick the box for those who need buzz. Variety takes the lead in this market and there are countless vibrators, from small bullets to stimulating clitoris, G-spot massagers, rabbits with multiple forks that aim to do it all at once. Play isn't forgotten here either - there are vibrators designed to hit the prostate gland (P-spot), and vibrators are designed exclusively for men on the market too. With so many options to choose from, our rounded out of the best vibrators is here to help you find the right one for you. Black Friday 2020 Black Friday can be a great opportunity to bag on sex toys of all kinds, including the best vibrator bargain. Sexual happiness companies such as Lovehoney usually offer great discounts during this sales period. Our pricing tool automatically retreats to the cheapest prices, including any Black Friday deals, and we will also report on the very best deals here T3.com. Find the best vibrator for you When it comes to material, modern vibrators are usually made of glass, metal or silicone, and many are designed with different textures such as nubs or ridges to increase stimulation. Most vibes offer a choice of speed and pulsating patterns. Classic vibrators are still popular, and this includes the world-famous Rabbit Vibrator, the so-called dual, bunny ear-shaped clitoral stimulators that sit at the top of the vibe. Bullet vibrators are another best seller. This type of clitoris vibrator appeals to beginner sex toy users because they are small, easy to use (not fiddly controls), and are teeny enough to be stashed imperceptibly in your washing bag or underwear drawer when idle. Newer additions to the good vibes club are clitoral pumping vibrators aimed at replicating the sense of oral sex. You'll definitely come across one of these beauties on our list of best vibrators below, along with some other frustrating options. Elsewhere, there are more specialist options for men and couples. Read our pick of the best vibrators to buy now... The best vibrators to buy now credit: Lelo All hail vibrators QUEEN LELO has a reputation for producing luxury sex toys and Soraya 2 is available and made of ultra-soft silicone. This dual stimulating vibrator aims to achieve sacred orgasms of both clitoris and G-spot. A refined version of the already popular Soraya, ultra sound technology has been used in designing the main body of Soraya 2 to create an accurate picture of anatomy and positioning the G-spot. The result is a wider and thicker carved tip. A fully flexible external nozzle is designed for precise stimulation of the clitoral, and the shape is determined both ergonomically and aesthetically. Soraya 2 is a great update for women who already fans of LELO's original Soraya. View the best lubes to use with sex toys Toke on top of the best condoms (Image credit: Beauty Bay) Style meets the feature in this fun, arty design Beauty Bay makes a range of sex toys that stand out thanks to their fun, arty designs. This sunny yellow vibrator is a great choice for those who are just starting out with vibrators. This round vibrator is designed to focus vibrations on the G-spot, and features four speeds and two pulsation modes. It is also water resistant, silent (under 40dB) and easy to clean. If you want to try something a little different, you can also check out beauty bay Frenchman and firefighter vibrators, which have different shapes that mix your experience. (Image credit: ROMP) The future of pumping sex toys can be orange Pump stimulators are designed to promote an oral sex sensation going on the clitoris, while the user chooses the speed and intensity to suit until the orgasm is reached and ... Well, that's about it! The beauty of the suction simulator is its simplicity. Another bonus is the intensity of the sensations they produce, and the size really lives up to expectations with six intensity levels to choose from. It also exceeds the price range: many pumping stimulants on the market are high ticket products, so romp is a good buy if you want to try a pumping stimulant to see if it is a sex toy that would suit you, but you don't want to take a loan from buying it. (Image credit: Entertainment Factory) The best vibrator for men Male sex toys often have oversized devices that may seem intimidating, but not that. Fun Factory Manta is a sleek and discreet vibrating penis stroker that's easy to hold and feels so good to use. Manta can also be used as a pairs toy, so you can keep it in front of your partner during masturbation or sex, depending on the position you are in. Wings are suitable around the penis and vibrate to increase sensations for both parties, during sex, during love or oral sex. For masturbation, manta can be used as a vibrator, resting on the most sensitive areas, or stroking. Je Joue say this ergonomic form of what sets her male vibrator apart from any other. Manta sports ridges on the inside of the ceiling wings, so it will never feel dry or dragging against its sensitive skin. (Image credit: Hitachi) (Image credit: Hitachi) Best vibrator at penetrative delight Hitachi first first vibrating Magic Wand 1968 as a body massager. Famously, it sold out after featuring a sex and urban episode way back in 2002, and it's just as popular now. Magic Wand Original is known for two things: the intense vibration it produces for its powerful engine, and reliability - you even get a 12-month warranty! There is no usual option with sex toys. It really feels both cool and powerful, and we found that because the vibrations are incredibly strong, it acts like an all-over body massager too. Forgive us for pointing out the obvious here, but Magic Wand Original is body and clitoral stimulation only, not penetration. Realized? (Image credit: Lelo) The best vibrator to simulate oral sex Suction vibrators is relatively new in the sex toy market and, surprise surprise, has proved popular among women who enjoy oral sex. The sensations they produce can initially be intense. Instead of using the vacuum, Swedish sex toy giant Lelo has developed what someone called SenSonic technology. Silicone, says Lelo, has been engineered to absorb sonic waves and pass them back to the clitoris. Result? Powerful sucking action. The cruise element of Lelo Sona 2 is its ability to increase power when the device is pushed against the body to give the user final control. And with 12 modes, there are many options to try. (Video credit: We-Vibe) The best vibrator for couples Ssextyle sex is all about intuition, says We-Vibe. The couple behind the brand also believe that her pair vibrator, The Choir, is their most intuitive sex toy yet. The vibrator is designed to be worn during sex, and its shape can be adapted to fit. While one end vibrator sits above the penis during penetration to promote a g-spot, the other end simultaneously vibrates the clitoris. The chorus comes with a squeeze remote, making it tighter for you to squeeze more intense vibrations to become. This responsive little vibrator can also be controlled remotely through the We-Connect app, so couples can still play together even if they are not in the same room, resulting in ace long-distance relationships. (Image credit: Rocks Off) (Image credit: Rocks Off) (Image Pay your prostate a little love with this p-spot vibrator Suck off Rude Boy Intense is an vibrator designed to stimulate the prostate, which is exactly where you can find men in a g-spot or p-spot, because it's better known. It is also completely water resistant, so you can use it in a shower or bath. This rechargeable vibrator for men has 10 different settings to control the intensity of stimulation, which is necessary for those of you who are new to prostate massage. Do not forget to use a lot of ointment with your toys. (Image credit: Entertainment Factory) Get toy for targeted pleasure This handbag, for a male toy, is designed for the head of the penis to stimulate the sensations of oral sex. When inserted, this snug fits the way you have chosen vibration settings (from 11 different models), Cobra Libre will absorb the sensation of pulse to emulate the massage. The sleeve is soft and flexible, and the three buttons at the top of the device dictate various patterns for easy use and control. While the majority of the action takes place at the tip of the penis, the lips of the toy also vibrate. This Cobra Libre is designed to be kept in a static position and is not meant for pulling, so if you like the feeling of transmission control it's a good toy for you. It is also waterproof, so it can be used in a bath or shower. (Image credit: Tracey Cox) (Image credit: Tracey Cox) (Image The perfect goal from this teeny tiny bullet Sgale results is what American sexual wellness expert Tracey Cox says this small, thin shot vibrator is designed to produce. Vibrating bullets are mainly aimed at women reaching clitoral orgasm, but they can also be used by men to stimulate the base of the perineum and penis. Unlike some other bullet designs, Supersex can also be inserted up to 2.5 inches. Although many bullets have a choice of settings, Supersex has only one, and all its attention focuses on strength and with a rigid, hard plastic case, it produces powerful vibrations. Its popularity is also due to its appearance, which at 3.5 inches is openly petite. It comes in a choice of three colors - silver, pink and black - and can easily be confused by make-up - a big advantage if you are concerned about the embarrassing reveal. (Image credit: Thriller) A flexible friend give you a buzz when you need we as products that have flexibility and this dual-purpose ring features a slim holder, which places a small vibrating shot that will enhance the enjoyment of both parties. The rooster ring is made of good quality silicone and is strong enough to provide sufficient support and stimulation for a harder, stronger erection that lasts longer. If that's all you need this ring is worth the money, but the fact that it also has an opportunity for vibrating a bullet gives Thriller a good bang for your buck. Vibration is strong for such a small device and provides a proper level of stimulation for both the wearer and the receiver. It can be used solo to play through, of course, as well as during love and sexual intercourse. (Image credit: Rocks Off) (Image credit: Rocks Off) (Image play with fruity flavor It is just beginning their adventure play should throw their aspirations into this berry-shaped, textured. With an insertion length of 2.5 inches and a 4.25 inch perimeter it's a good size for beginners, and the ability to use it as a vibrating plug sets it apart from static beginner toys, so those who already have some experience will find a good next step too. a similar textured shape contributes to the intensity of the sensation and if you do not want to use it as Seven features of the RO-80mm shot can be easily removed from the base. While the tip is tapered easy to insert, the base is torched to prevent any awkward trips to A&E removal! Looking for more men's sex toys? Check out the best Fleshlight masturbators

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