

**INTERNAL AND EXTERNAL BEAUTY AS THE KEY  
TO SUCCESSFUL CAREER  
(ВНУТРІШНЯ ТА ЗОВНІШНЯ КРАСА ЯК КЛЮЧ  
ДО УСПІШНОЇ КАР'ЄРИ)**

**Рудік В.І., гр. МО-10**

Науковий керівник – викл. **Муравйова О.М.**  
Харківський державний університет харчування та торгівлі

*Для того, щоб досягти вагомих успіхів у будь-якій кар'єрі, необхідно не лише бути професіоналом, але й мати привабливий зовнішній вигляд та позитивний настрій. Зовнішня та внутрішня краса, запевняє автор, зробить вас переможцем.*

Positivity is a key to the success of any office environment and you will thrive when you bring confidence and an upbeat attitude to the table. Before any beauty tips can be properly utilized to your advantage, you must practise positive self-talk. Saying some nice words to yourself can make a difference in the way you see yourself

Getting noticed in the workplace can come from individuality. Don't be a slave to trends. Create your own personal sense of style and have a signature, like a red lip, a lined eye, a stack of bangles or a passion for different glasses. Something that's unique makes people notice you.

People who smile often are seen as being more intelligent, sincere, trustworthy and self-assured than those who don't. No employer wants a tired-looking team member and you can't kick butt during a presentation if you're worried that people are staring at the bags under your eyes. You're working hard for that promotion, which likely means long hours, but you don't want to look run down or stressed either.

While it may be a good place to mingle with co-workers, most office break rooms are filled with junk food, sweets, sodas and coffee that will have you crashing by the end of the day – when it's deadline time. Indulge in a donut in the morning and the white flour and sugar will have you doing a nose dive mid day, says “Borden”. You'll be cranky, irritable and distracted. To avoid having your insulin levels bouncing off the wall, it suggests keeping wholesome foods like almonds and fruit at your desk. These functional snacks will keep your energy up and your hand out of the cookie cabinet. Sorry, but it's a well-documented fact that you are happier and more productive if you exercise on a regular basis. Cardio produces endorphins, which puts you in a better mood and gives you a glow. And when you're in a great mood and glowing, who's not going to promote you?