

Technical and Business Writing

Assignment # 02

Class Activity

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The art of Professionalism

Maintaining a confident, positive outlook

1. Yes. Maintaining a positive outlook is often considered ethically responsible as it contributes to professionalism, team morale, and positive customer relations. However, it should be balanced with realism and should not compromise your mental well-being or the expression of valid concerns.
2. To lift your spirits when work is dragging you down, consider the following strategies:
 - Take Short Breaks:** Step away from your work for a few minutes. Use this time to stretch, breathe deeply, or take a quick walk. Breaks can refresh your mind.
 - Set Achievable Goals:** Break your work into smaller, manageable tasks. Achieving these goals can boost your sense of accomplishment and motivation.
 - Connect with Colleagues:** Engage with coworkers for social interaction and support. Discussing challenges or sharing a laugh can improve your mood.
 - Practice Mindfulness:** Mindfulness and meditation techniques can help reduce stress and improve focus. They are especially useful during busy or stressful periods.
 - Find Meaning:** Reflect on the meaningful aspects of your work. Focusing on why your job matters can increase your motivation.
 - Learn and Grow:** Pursue opportunities for learning and development. Acquiring new skills or knowledge can rekindle your enthusiasm.
 - Celebrate Achievements:** Acknowledge and celebrate your accomplishments, no matter how small. Positive reinforcement can boost morale.
 - Plan Time Off:** Take advantage of your vacation days. A break from work can provide much-needed relaxation and rejuvenation.

Ethical detective activity of TV ad

The actions taken by the company are highly unethical. They claimed that no dietary changes or exercise were necessary; users only needed to use the medication to lose weight. However, their actions were in direct contradiction to these claims. This clearly indicates that the company deceived customers solely to promote and sell their product. Despite the unethical nature of their actions, it's unlikely that the company will thrive in the long run.