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Effective self-regulation is a vital skill in today's workplace, shaping personal productivity and team dynamics. As workplaces grow more diverse, managing emotions, behaviors, and thoughts is increasingly critical for career success. Understanding self-regulation's application in daily work enhances professional interactions and decision-making. This
article explores its significance in various aspects of work life. Types Of Self Regulation In Daily Work Self-regulation at work is categorized into emotional, behavioral, and cognitive components, each essential for navigating tasks, interactions, and challenges. Mastering these aspects helps individuals manage their work environment and advance
their careers. Emotional Emotional Emotional self-regulation involves managing feelings to maintain a positive workplace atmosphere. Research in the Journal of
Occupational Health Psychology (2023) found that employees practicing emotional self-regulation reported greater job satisfaction and reduced burnout. Cultivating emotional self-regulation focuses on controlling actions and reactions to
maintain discipline and productivity. Techniques like time blocking improve focus, while daily goal checklists aid task prioritization. Establishing routines, such as preparing for meetings in advance, minimizes decision fatigue and ensures consistent progress toward professional goals. Cognitive Self-regulation involves managing thoughts to
optimize problem-solving and decision-making. A growth mindset helps professionals view challenges as opportunities. Techniques like cognitive restructuring, which challenges negative thoughts, promote constructive thinking. End-of-day reflections and collaborative efforts enhance cognitive flexibility and innovation. Strengthening cognitive skills
enables professionals to navigate complex scenarios and make informed decisions. Roles Where Self Regulation is especially significant in roles where managing emotions, behaviors, and thoughts directly impacts outcomes. Client-Focused Positions In client-focused roles like customer service or account management, self-
regulation is vital for professionalism and client satisfaction. These positions often require handling complaints or managing expectations, which can be emotionally demanding. Active listening and empathy help professionals address client needs effectively, while clear boundaries and time management prevent burnout. Strong self-regulation builds
better client relationships and enhances reliability and competence. Leadership roles demand self-regulation to inspire and guide teams. Leaders must manage emotions, leading to thoughtful decision-making. Seeking
mentorship or peer support enhances self-awareness. By modeling self-regulation, leaders foster trust and accountability, encouraging teams to adopt similar behaviors. Remote work settings Remote work self-regulation to maintain productivity and work-life balance without traditional office structures. Establishing a dedicated workspace
and specific work hours creates routine. Digital tools like project management software help track progress and stay organized. Regular communication with colleagues fosters connection and collaboration. By regulating work habits and environment, remote professionals achieve productivity and satisfaction. Interview Topics That Touch On Self
Regulation In interviews, discussing self-regulation skills can distinguish candidates. Employers value individuals who handle challenges independently and remain composed under pressure. Sharing experiences where self-regulation played a role demonstrates these qualities. For example, describing how a high-stress project was managed by
breaking it into manageable tasks and setting priorities highlights stress management and strategic thinking. Effective communication also reflects self-regulation. Candidates who listen actively and respond thoughtfully convey self-awareness and constructive engagement. Interviewers often present hypothetical situations requiring emotional control
and quick thinking. Explaining a methodical approach to conflict resolution, such as understanding another perspective before responding, demonstrates emphasize self-regulation. Discussing how unexpected project changes were managed by reshuffling priorities and communicating transparently
illustrates adaptability and proactive management. Framing these experiences as lessons learned underscores resilience and a commitment to ongoing improvement. Leaders who effectively manage their emotions at work create healthier workplace cultures and better ... More business outcomes. Photo by Andrea Piacquadio from Pexels Emotional
intelligence and emotional self-regulation are critical tools for resolving conflicts and building healthy relationships. Over the last three decades, we've seen a lot of research on how emotional intelligence and self-regulation can play out in the workplace, particularly among leaders. This is because leaders' emotional states and perceivable emotional
responses are so influential over subordinates. Emotional self-regulation is the concept for leaders because their emotional states and responses can directly shape subordinates' emotions, attitudes, and behaviors. This is true for
both positive and negative emotions, as leaders' positive emotions often inspire positive emotions similarly instigate subordinates and national social unrest, emotions are high. To get through (or thrive in) a crisis, leaders need to have difficult conversations with their
employees—all while processing their own feelings about what is going on in the world. This is a difficult feat, which is why it's essential to stick to simple strategies. Here are four tools that leaders can use to manage their emotions at work to foster a supportive workplace, especially amid crisis and uncertainty. Formally establish a self-
communication rule and commit to it. This can help you develop healthy interpersonal relationships. Researchers call these emotional display rules and have found commitment to these rules critical for emotional ly." Or "I speak calmly and
respectfully. I do not raise my voice." And then, your job is to live by it. Make this your personal code of conduct. Fight any urge, at any moment, to break the code. Live by this rule like a marine lives by being courageous and loyal. This way, no matter what else happens, you'll know how you need to respond. 2) Use a Mantra When you feel defensive
and the urge to react emotionally bubbles up, repeating a simple directive to yourself can be effective. You might take your commitment—as discussed above—and create a mantra from it. Make sure that you word it in the form of a self-directed commandment. Here's an example: "Stay calm. Do not react. Stay calm. Do not react." Just keep repeating
it to yourself as long as necessary to fight the urge to erupt. Research has found that self-talk has helped individuals regulate emotions under conditions of social stress, especially when you phrase the self talk in second person. 3) Write a Reminder Above Your Desk Having a written reminder of your mantra and/or your commitment can certainly be
important. But it may be a little strange to have such things visible. Instead, try creating a few positive reminders for yourself about the type of mindset, attitude, or general demeanor you would like to display. For instance, I keep the 3 C's of a Peacebuilder's Mindset as a reminder above my desk: "Calm, Caring, and Curious". Remembering these
intentions helps me stay emotionally regulated so that I can engage in effective, respectful interactions. Whatever reminders you choose, make them simple so you can read and internalize them in seconds. Put the reminders you choose, make them simple so you can read and internalize them in seconds. Put the reminders you choose, make them simple so you can read and internalize them in seconds. Put the reminders you choose, make them simple so you can read and internalize them in seconds. Put the reminders you choose, make them simple so you can read and internalize them in seconds. Put the reminders you can read and internalize them in seconds.
view behind coworkers when they sit and face you). This message may set the tone for both you and, potentially, anyone who enters your office. In fact, according to some researchers, if you use messages to create an atmosphere of respectful, calm communication in your office, you may create an unconscious, automatic link between the environment
(your office) and a relaxed, emotional state. 4) Focus on Your Breathwork—the concentration on deliberate conflict. One central component of mindfulness practice is breathwork—the concentration on deliberate
breathing for purposes of self-regulation. When you're feeling heated and sense you may shut down or blow up, try focusing on your breathe out. There are many different visualizations you can use. Seek out and try a few to discover what
works best for you. Concentrating on the breath helps bring you out of your head and into your behavior and reactions. Also, just a tip: studies show that leaders who practice mindfulness regularly—not just in moments of emotional triggers—have an easier time regulating
their emotions consistently. If All Else Fails Emotional self-regulation is not only an act of care for the other person(s); it is also an act of self-care. If you're feeling stressed, try pausing, soothing, or calming yourself, indicating you
need a few moments before you can respond. Or, you might say, "I need to think about this for a bit. Can we please reopen this discussion in an hour?" Use any phrase that seems respectful and appropriate to pause the conversation so you can calm down and frame a rational response. As a leader, your emotional state and reaction set the tone for
the entire organizational climate. How you respond to situations will teach others what is appropriate in your organization. Do your best to practice effective tools for emotional self-regulation. Your company and your staff will thank you for it. — My book, Conflict Resolution Playbook: Practical Communication Skills for Preventing, Managing, and
Resolving Conflict, is now available on Amazon and other retailers. For more in-depth skill-building, my company offers conflict Coaching directly to individuals and organizations. Written by Jacque Casoni, Senior Director, Business Development Does the workplace seem a
little more stressful than usual? Does it seem like just when you've adjusted to one major change that another comes along? Have people that you would normally work well with seemingly gone 'off-the-rails?' In the wake of multiple elections worldwide, labour shortages, inflation, natural disasters, and all of the other stresses of daily life, the
workplace has been inundated with constant disruption. Understanding how these external and internal factors affect our ability to cope and handle stress is more important than ever. This is where effective self-regulation, emotional intelligence, and stress management can make a difference in simply surviving versus successfully navigating the
changes that are thrown our way. What is self-regulation in emotional intelligence? In order to properly define self-regulation, it's helpful to first start with defining emotional intelligence. Here at Talogy, we define emotional intelligence (EI) by breaking it down into three parts: Behaviour - the 'what' of emotional intelligence: The practice of
managing our personality to be both personally and interpersonally effective Feeling and thinking - the 'how' of emotional intelligence: Employed through the habitual practice of thinking about feeling about thinking to guide our behaviour Attitude - the 'when' of emotional intelligence: The extent and effectiveness by which we employed through the habitual practice of thinking about thinking to guide our behaviour Attitude - the 'when' of emotional intelligence: The extent and effectiveness by which we employed through the habitual practice of thinking about thinking about thinking about thinking about thinking to guide our behaviour Attitude - the 'when' of emotional intelligence: The extent and effectiveness by which we employed through the habitual practice of thinking about thinking ab
effective emotional intelligence is largely determined by our own attitudes Self-regulation is a key component of emotional behaviours and physical movements during stressful situations. Emotional self-regulation is our ability to
maintain our composure while navigating ourselves through the difficult circumstances that come our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most things - are going our way. It is easy enough to do when everything - or at least most everything - or at least most everything - or at least 
defensive habits When we feel threatened, the brain can push us into a defensive state where we become less emotionally intelligent and more likely to adopt defensive state where we become less emotionally intelligent and more likely to adopt defensive state where we become less emotionally intelligent and more likely to adopt defensive state where we become less emotionally intelligent person through our life experiences, research shows that individuals default to
their natural tendencies during times of stress and are less likely to be able to call upon those compensating tactics when the going gets tough. Defensive habit(s) we adopt when we move away from emotional self-regulation is likely determined at a young age as a coping mechanism, which over time becomes ingrained, automated, and habitual. The
early theory of emotional intelligence described by Salovey and Mayer in 1990 along with more recent work by Daniel Goleman taught us how positive psychology can impact individuals in terms of our response. There are specific defensive habits within the world of work that demonstrate how any number of stimuli can cause a shift from the 'ideal
life position' to a defensive position, immediately calling for the deployment of our emotional self-regulation. Examples of these can include receiving critical feedback from a boss or colleague, being micromanaged, or dealing with organisational change. These situations can ignite undesirable behaviours in employees who are normally pleasant due
to the stress created. The good news is that these defensive positions are generally temporary states of mind that we hold onto until we feel safe and adopt the 'ideal life position' again. How to self-regulate emotions: 3 tips When you find yourself in a position where you feel on the defence and you need to improve your self-regulation and emotional
intelligence, consider these three coping mechanisms: Take a step back: Ask yourself questions like am I on autopilot? Am I handling this the very best way I can? What attitude or belief is causing me to feel this way? Answering these questions will enable you to become more aware of the current situation and tailor your response in a productive,
non-defensive manner. Get out of your comfort zone: Separate your feelings from your behaviours and choose to actively think through your options and desired outcomes? Are you taking others' perspectives and opinions - even if you might not agree - into consideration? If not, how can your
emotional self-regulation help to get you there? Challenge your own beliefs: One of my previous bosses was a model leader when it came to challenging his team. Any time I would always respond with "That's one way to look at it. Another way to look at it is..." This
mindset has remained with me to this day and encourages me to find another way to look at any situation. It allows me to see if there is a more productive way to handle the situation and encourages me to meet in the middle. This is where that 'thinking about your feelings and feeling about your thinking' that I mentioned earlier comes into play
which can help you reach that common ground. How to improve self-regulation and emotional intelligence management We all have the potential to be the very best version of ourselves, and a big part of achieving that is improving our self-regulation and emotional intelligence. Talogy has the tools to help you get there with a practical approach aimed
at improving self-awareness and tips designed to help develop our personal effectiveness. The Emotional Intelligence Profile (EIP3) is a psychometric tool designed to help an individual measure their current levels of emotional intelligence and self-awareness by generating a personalised developmental plan to adopt a more emotionally intelligence
approach to work and life. By learning to take a step back, get out of your comfort zone, and challenge your own beliefs, you can channel your strengths to adapt to unexpected circumstances and hone those ever-important emotional self-regulation skills. About the author: Jacque Casoni is the Senior Director of Business Development here at Talogy.
With more than 20 years of human capital management experience, she is continuously involved with defining and implementing organisational efforts for some of Talogy's largest clients in many different industries, both regionally and globally. In her role at Talogy, Jacque oversees projects related to job analyses, validation studies, 360 and coaching
initiatives, learning and development programmes, the selection of top performers, team development, and leadership development. Her ultimate objective is to guarantee the achievement of successful outcomes and ROI for her clients. She has worked in many different sectors including banking, finance, insurance, media, retail, pharmaceutical, and
consumer products. Jacque received her Bachelor of Arts degree in Communications and Business from Pennsylvania State University. She is a member of the Society for Human Resource Management (SHRM) and the Tri-State Human Resource Management (SHRM) and the Tri-
to facilitate travel by offering a route calculator, and 5,000 agents were deployed at stations and bus stops to assist travellers. A goal of Paris 2024 was to halve the average carbon footprint of the London 2012 and Rio 2016 games. The organisers estimated that more than a third of the greenhouse gas emissions would be from the transport of
athletes and spectators. All venues were made accessible by public transport and bicycle, with 415 kilometres (258 mi) of cycle paths created to link the venues and 27,000 bicycle racks installed. Public transport was extended and services increased. The goal was met, with an estimated 54.6% reduction, representing 1.59 million tonnes of CO2
equivalent. (Full article...) Recently featured: Rhine campaign of 1796 Chinese characters Ezra Pound Archive By email More featured in writing in the Xinxiu bencao as a medicinal plant in 659 AD? ... that the Oslo study withheld
treatment from 2,000 patients with syphilis? ... that just after the 1945 liberation of Korea, the remnants of the Japanese colonial government used armed guards to prevent Koreans from seizing the printing equipment of the newspaper Keijō nippō? ... that Sheffield Wednesday required a "miracle" to qualify for the 2023 EFL League One play-off
final? ... that Pope Leo XIV descends from Creole people of color? ... that the Theban general Pelopidas set out for the Battle of Cynoscephalae even after his army was disbanded? ... that Stray Kids is the first act to debut at No. 1 on the
Selected Stories. Nicusor Dan (pictured) is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the Eurovision Song Contest. A tornado outbreak leaves at least 27 people dead in the Midwestern and
Southeastern United States. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Recent deaths: Jim Irsay Yury Grigorovich Yuri Vladimirov Colton Ford Werenoi Benjamin Ritchie Nominate an article May 26: Memorial Day (2025) in the United States; National Sorry Day in Australia; Independence Day
in Georgia (1918) Damage to the Interstate 40 bridge 1644 - Portuguese Restoration War: Portuguese and Spanish forces both claimed victory at the Battle of Montijo. 1894 - Germany's Emanuel Lasker defeated Wilhelm Steinitz to become the world chess champion, beginning a record 27-year reign. 1999 - Manchester United won the UEFA
Champions League final to become the first English football club to win three major championships in the same season. 2002 - Barges being towed destroyed part of a bridge (aftermath pictured) near Webbers Falls, Oklahoma, causing vehicles to fall into the Robert S. Kerr Reservoir on the Arkansas River. Augustine of Canterbury (d. 604)Isaac
Franklin (b. 1789) Jeremy Corbyn (b. 1949) Elizabeth Peer (d. 1984) More anniversaries: May 25 May 26 May 27 Archive By email List of days of the year About Tom Cruise Top Gun: Maverick, a 2022 American action drama film directed by Joseph Kosinski, garnered accolades in a variety of categories, with particular recognition for Tom Cruise's
(pictured) performance as well as its sound and visual effects, cinematography, and film editing. It received six nominations at the 95th Academy Film Awards, including Best Picture, and won Best Sound, and Best Special Visual Effects
Maverick received six nominations at the 28th Critics' Choice Awards and won Best Cinematography. It garnered two nominations at the 80th Golden Globe Awards. In addition to two National Board of Review Awards, Maverick was named one of the ten-best films of 2022 by the American Film Institute. (Full list...) Recently featured: National
nearshore, coral reef-associated habitats. It is a fairly small ray, not exceeding 35 cm (14 in) in width, with a mostly smooth, oval pectoral fin disc, large protruding eyes, and a relatively short and thick tail with a deep fin fold underneath. It can be easily identified by its striking color pattern of many electric blue spots on a yellowish background, with
a pair of blue stripes on the tail. This bluespotted ribbontail ray was photographed in the Red Sea off the coast of Egypt. Photograph credit: Diego Delso Recently featured: Black Lives Matter art Germanicus The Cocoanuts Archive More featured pictures Community portal - The central hub for editors, with resources, links, tasks, and announcements
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KimmelPreshow hosts Ashley Graham Vanessa Hudgens Lilly Singh[1] Produced by Glenn Weiss Ricky Kirshner Directed byGlenn Weiss Hidgens Lilly Singh[1] Produced by Glenn Weiss Ricky Kirshner Directed byGlenn Weiss Ricky Kirs
hours, 37 minutes[2]Ratings 18.75 million[3] 9.9% (Nielsen ratings) \leftarrow 94th Academy Awards ceremony, presented by the Academy Awards ceremony, presented b
(commonly referred to as Oscars) in 23 categories honoring films released in 2022. The ceremony, televised in the United States by ABC, was produced by Glenn Weiss and Ricky Kirshner, with Weiss also serving as director. Comedian Jimmy Kimmel hosted the show for the third time, following the 89th ceremony in 2017 and the 90th ceremony in
2018.[4] In related events, the Academy held its 13th annual Governors Awards ceremony at the Fairmont Century Plaza Hotel in Century Pla
Angeles.[5] Everything Everywhere All at Once won seven awards, including Best Picture.[6][7] Other winners included All Quiet on the Western Front with four awards, The Whale with two, and Avatar: The Way of Water, Black Panther: Wakanda Forever, The Boy, the Mole, the Fox and the Horse, The Elephant Whisperers, Guillermo del Toro's
Pinocchio, An Irish Goodbye, Navalny, RRR, Top Gun: Maverick, and Women Talking with one. The telecast drew 18.75 million viewers in the Samuel Goldwyn Theater in Beverly Hills, by actors Riz Ahmed and Allison Williams.[8] Everything
Everywhere All at Once led all nominees with eleven nominations; All Quiet on the Western Front and The Banshees of Inisherin tied for second with nine nominations each. [9][10] The winners were announced during the awards ceremony on March 12, 2023. Everything Everywhere All at Once became the first science fiction film to win Best Picture
[11] and became the third film, alongside A Streetcar Named Desire (1951) and Network (1976), to win three acting awards.[12] Best Directors to win for the same film.[a] For the first time since the 7th ceremony in 1935, all five Best Actor nominees were first-time
nominees.[13] Michelle Yeoh became the first Asian winner for Best Actress and the second woman of color overall after Halle Berry, who won for her performance in Monster's Ball (2001).[14] Furthermore, she became the first Woman to identify as Asian to be nominated in that category.[b] Ke Huy Quan became the first Vietnamese person to win an
Oscar and the second Asian winner for Best Supporting Actor after Haing S. Ngor, who won for his role in Ordinary People (1980), and his second, for The Fabelmans, set the record for the longest gap between Oscar nominations.[13]
At age 90, Best Original Score nominee John Williams became the first Black woman to win two Oscars history.[13] Best Costume Design winner Ruth E. Carter became the first Black woman to win two Oscars history.[17] Daniel Scheinert and Daniel Kwan, Best Picture co-winners, and Best Original Screenplay winners Brendam
Feature Film co-winner Kartiki Gonsalves, Best Documentary Short Subject co-winner Volker Bertelmann, Best Original Score winner M. M. Keeravani, Best Original Score winner Paul Rogers, Best Film Editing winner Joe Letteri, Best Visual Effects co-winner
Eric Saindon, Best Visual Effects co-winner Winners are listed first, highlighted in boldface, and indicated with a double dagger (‡).[18] Best Picture Everything Everywhere All Quiet on the Western Front - Malte Grunert, producer Avatar: The Way of Water - James
Cameron and Jon Landau, producers The Banshees of Inisherin - Graham Broadbent, Peter Czernin, and Martin McDonagh, producers Elvis - Baz Luhrmann, Catherine Macosko Krieger, Steven Spielberg, and Tony Kushner, producers Tár - Todd Field,
Alexandra Milchan, and Scott Lambert, producers Top Gun: Maverick - Tom Cruise, Christopher McQuarrie, David Ellison, and Jerry Bruckheimer, producers Women Talking - Dede Gardner, Jeremy Kleiner, and Frances McDormand, producers Best Directing Daniel Kwan and
Daniel Scheinert - Everything Everywhere All at Once‡ Martin McDonagh - The Banshees of Inisherin Steven Spielberg - The Fabelmans Todd Field - Tár Ruben Östlund - Triangle of Sadness Best Actor in a Leading Role Brendan Fraser - The Whale as Charlie‡ Austin Butler - Elvis as Elvis Presley Colin Farrell - The Banshees of Inisherin as Pádraic
Súilleabháin Paul Mescal - Aftersun as Calum Patterson Bill Nighy - Living as Mr. Rodney Williams Best Actress in a Leading Role Michelle Yeoh - Everything Everywhere All at Once as Evelyn Quan Wang‡ Cate Blanchett - Tár as Lydia Tár Ana de Armas - Blonde as Norma Jeane Andrea Riseborough - To Leslie as Leslie Rowlands Michelle Williams
The Fabelmans as Mitzi Fabelman Best Actor in a Supporting Role Ke Huy Quan - Everything Everywhere All at Once as Waymond Wang‡ Brendan Gleeson - The Banshees of Inisherin as Colm Doherty Brian Tyree Henry - Causeway as James Aucoin Judd Hirsch - The Fabelmans as Uncle Boris Barry Keoghan - The Banshees of Inisherin as Dominic
Kearney Best Actress in a Supporting Role Jamie Lee Curtis - Everything Everywhere All at Once as Deirdre Beaubeirdre‡ Angela Bassett - Black Panther: Wakanda Forever as Queen Ramonda Hong Chau - The Whale as Liz Kerry Condon - The Banshees of Inisherin as Siobhán Súilleabháin Stephanie Hsu - Everything Everywhere All at Once as Joy
Wang / Jobu Tupaki Best Writing (Original Screenplay) Everything E
based on the novel by Miriam Toews‡ All Quiet on the Western Front - Edward Berger, Lesley Paterson, and Ian Stokell; based on the novel by Erich Maria Remarque Glass Onion: A Knives Out Living - Kazuo Ishiguro; based on the original motion picture
screenplay Ikiru by Akira Kurosawa, Shinobu Hashimoto, and Hideo Oguni Top Gun: Maverick - Screenplay by Ehren Kruger, Eric Warren Singer, and Christopher McQuarrie; story by Peter Craig and Justin Marks; based on the film Top Gun written by Jim Cash and Jack Epps Jr. Best Animated Feature Film Guillermo del Toro's Pinocchio - Guillermo
del Toro, Mark Gustafson, Gary Ungar, and Alex Bulkley‡ Marcel the Shell with Shoes On - Dean Fleischer Camp, Elisabeth Holm, Andrew Goldman, Caroline Kaplan, and Paul Mezey Puss in Boots: The Last Wish - Joel Crawford and Mark Swift The Sea Beast - Chris Williams and Jed Schlanger Turning Red - Domee Shi and Lindsey Collins Best
International Feature Film All Quiet on the Western Front (Germany) - directed by Edward Berger‡ Argentina, 1985 (Argentina) - directed by Jerzy Skolimowski The Quiet Girl (Ireland) - directed by Colm Bairéad Best Documentary Feature Film Navalny - Daniel
Roher, Odessa Rae, Diane Becker, Melanie Miller, and Shane Boris; All That Breathes - Shaunak Sen, Aman Mann, and Teddy Leifer All the Beauty and the Bloodshed - Laura Poitras, Howard Gertler, John Lyons, Nan Goldin, and Yoni Golijov Fire of Love - Sara Dosa, Shane Boris, and Ina Fichman A House Made of Splinters - Simon Lereng Wilmont
and Monica Hellström Best Documentary Short Film The Elephant Whisperers - Kartiki Gonsalves and Guneet Monga‡ Haulout - Evgenia Arbugaev and Beth Levison Stranger at the Gate - Joshua Seftel and Conall Jones Best Short Film
(Live Action) An Irish Goodbye - Tom Berkeley and Ross White‡ Ivalu - Anders Walter and Rebecca Pruzan Le pupille - Alice Rohrwacher and Alfonso Cuarón Night Ride - Eirik Tveiten and Gaute Lid Larssen The Red Suitcase - Cyrus Neshvad Best Short Film (Animated) The Boy, the Mole, the Fox and the Horse - Charlie Mackesy and Matthew
Freud‡ The Flying Sailor - Wendy Tilby and Amanda Forbis Ice Merchants - João Gonzalez and Bruno Caetano My Year of Dicks - Sara Gunnarsdóttir and Pamela Ribon An Ostrich Told Me the World Is Fake and I Think I Believe It - Lachlan Pendragon Best Music (Original Score) All Quiet on the Western Front - Volker Bertelmann‡ Babylon - Justin
Hurwitz The Banshees of Inisherin - Carter Burwell Everything Everywhere All at Once - Son Lux The Fabelmans - John Williams Best Music (Original Song) "Naatu Naatu" from RRR - Music by M. M. Keeravani; lyrics by Chandrabose‡ "Applause" from Tell It Like a Woman - Music and lyrics by Diane Warren "Hold My Hand" from Top Gun: Maverick
- Music and lyrics by Lady Gaga and BloodPop "Lift Me Up" from Black Panther: Wakanda Forever - Music by Tems, Rihanna, Ryan Coogler, and Ludwig Göransson; lyrics by Ryan Lott, David Byrne, and Mitski; lyrics by Ryan Lott and David Byrne Best Sound
Top Gun: Maverick - Mark Weingarten, James H. Mather, Al Nelson, Chris Burdon, and Mark Taylor‡ All Quiet on the Western Front - Viktor Prášil, Frank Kruse, Markus Stemler, Lars Ginzel, and Stefan Korte Avatar: The Way of Water - Julian Howarth, Gwendolyn Yates Whittle, Dick Bernstein, Christopher Boyes, Gary Summers, and Michael
Hedges The Batman - Stuart Wilson, William Files, Douglas Murray, and Andy Nelson Elvis - David Lee, Wayne Pashley, Andy Nelson, and Michael Keller Best Production design: Christian M. Goldbeck; set decoration: Ernestine Hipper‡ Avatar: The Way of Water - Production design: Dylan Cole and
Ben Procter; set decoration: Vanessa Cole Babylon - Production design: Florencia Martin; set decoration: Anthony Carlino Elvis - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter; set decoration: Waren O'Hara Best Cinematography All Quiet on the Western Front - Production design: Rick Carter - Production - Production - Production - Production - Producti
James Friend‡ Bardo, False Chronicle of a Handful of Truths - Darius Khondji Elvis - Mandy Walker Empire of Light - Roger Deakins Tár - Florian Hoffmeister Best Makeup and Hairstyling The Whale - Adrien Morot, Judy Chin, and Annemarie Bradley‡ All Quiet on the Western Front - Heike Merker and Linda Eisenhamerová The Batman - Naomi
 Donne, Mike Marino, and Mike Fontaine Black Panther: Wakanda Forever - Camille Friend and Joel Harlow Elvis - Mark Coulier, Jason Baird, and Aldo Signoretti Best Costume Design Black Panther: Wakanda Forever - Ruth E. Carter‡ Babylon - Mary Zophres Elvis - Catherine Martin Everywhere All at Once - Shirley Kurata Mrs.
Goes to Paris - Jenny Beavan Best Film Editing Everything Everything Everywhere All at Once - Paul Rogers‡ The Banshees of Inisherin - Mikkel E. G. Nielsen Elvis - Matt Villa and Jonathan Redmond Tár - Monika Willi Top Gun: Maverick - Eddie Hamilton Best Visual Effects Avatar: The Way of Water - Joe Letteri, Richard Baneham, Eric Saindon, and Daniel
Barrett‡ All Quiet on the Western Front - Frank Petzold, Viktor Müller, Markus Frank, and Kamil Jafar The Batman - Dan Lemmon, Russell Earl, Anders Langlands, and Dan Sudick Top Gun: Maverick - Ryan Tudhope, Seth Hill, Bryan
Litson, and Scott R. Fisher The Academy held its 13th annual Governors Awards ceremony on November 19, 2022, during which the following awards were presented:[19] To Euzhan Palcy, a masterful filmmaker who broke ground for Black women directors and inspired storytellers of all kinds across the globe.[20] To Diane Warren, for her genius,
generosity and passionate commitment to the power of song in film.[20] To Peter Weir, a fearless and consummate filmmaker who has illuminated the human experience with his unique and expansive body of work.[20] Michael J. Fox - "For his tireless advocacy of research on Parkinson's disease alongside his boundless optimism exemplifies the
impact of one person in changing the future for millions."[21] Films with multiple nominations Film 11 Everything Everywhere All at Once 9 All Quiet on the Wastern Front The Banshees of Inisherin 8 Elvis 7 The Fabelmans 6 Tár Top Gun: Maverick 5 Black Panther: Wakanda Forever 4 Avatar: The Way of Water 3 Babylon The Batmar
Triangle of Sadness The Whale 2 Living Women Talking Films with multiple wins Awards Film 7 Everything Everywhere All at Once 4 All Quiet on the Western Front 2 The Whale The following individuals, listed in order of appearance, presented awards or performed musical numbers: [22] Presenters Name(s) Role Sylvia Villagran Served as
announcer for the 95th Academy Awards[23] Emily Blunt Dwayne Johnson Presented the award for Best Animated Feature Ariana DeBose Troy Kotsur Presented the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the performance of "Applause" Riz Ahmed Ahmir "Questlove" Thompson Presented the award for Best Supporting Actress Cara Delevingne Introduced the Applacement Introduced the American Introduced the Applacement Introduced Introduced the Applacement Introduced the Applacement Introduced the Applacement Introduced Introduc
for Best Documentary Feature Film and Best Live Action Short Film Halle Bailey Melissa McCarthy Presented the trailer for The Little Mermaid Michael B. JordanJonathan Majors Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the award for Best Cinematography Donnie Yen Introduced the performance of "This Is a Life" Jennifer ConnellySamuel L. Jackson Presented the Alberta L. Jackson Presented th
Makeup and Hairstyling Morgan FreemanMargot Robbie Presented the Warner Bros. 100 Years tribute Paul DanoJulia Louis-Dreyfus Presented the award for Best Costume Design Deepika Padukone Introduced the performance of "Naatu Naatu" Eva LongoriaJanet Yang Presented a montage promoting the Academy Museum of Motion Pictures
Antonio BanderasSalma Hayek Pinault Presented the award for Best International Feature Film Elizabeth OlsenPedro Pascal Presented the award for Best Original
Score Elizabeth Banks Presented the award for Best Visual Effects Danai Gurira Introduced the performance of "Lift Me Up" Andrew GarfieldFlorence Pugh Presented the award for Best Original Song John Travolta Presented
the "In Memoriam" segment Zoe SaldañaSigourney Weaver Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented the Award for Best Director Halle BerryJessica Chastain Presented th
director Conductor Orchestral Sofia Carson Diane Warren Performers "Applause" from Tell It Like a Woman David Byrne Stephanie Hsu Son Lux Performers "Naatu Naatu" from RRR Lady Gaga Performer "Hold My Hand" from Top Gun: Maverick
Rihanna Performer "Lift Me Up" from Black Panther: Wakanda Forever Lenny Kravitz Performer "Calling All Angels" during the annual "In Memoriam" tribute Jimmy Kimmel hosted the 95th Academy Awards. In September 2022, the Academy hired television producers Glenn Weiss and Ricky Kirshner to oversee production of the 2023 ceremony.[25]
AMPAS president Janet Yang and CEO Bill Kramer remarked that they looked "to deliver an exciting and energized show" with Weiss and Kirshner. [26] Two months later, comedian and talk show host Jimmy Kimmel was announced as host of the gala. "Being invited to host the Oscars for a third time is either a great honor or a trap," Kimmel stated in
a press release regarding his selection. "Either way, I am grateful to the Academy for asking me so quickly after everyone good said no", he concluded.[27] Furthermore, AMPAS announced that all 23 categories would be presented live during the gala. The announcement came in response to an internal survey which indicated negative feedback
regarding the previous year's decision to present eight below-the-line categories prior to the live portion of last year's gala.[28] In light of the Chris Rock-Will Smith slapping incident during the previous year's telecast, AMPAS announced that the organization hired a "crisis team" in the event a similar altercation or if an unexpected fiasco arose.[29]
In an interview published by Time magazine, Kramer explained: "We have a whole crisis team, something we've never had before, and many plans in place. We've run many scenarios. So it is our hope that we will be prepared for anything that we may not anticipate right now but that we're planning for just in case it does happen."[30] The Dolby
 Theatre stage on the day of the ceremony Several others participated in the production of the ceremony and related events. Rickey Minor served as musical director for the ceremony Several others participated in the production of the show.[32]
According to Buckley and Billingsley, the stage was designed to resemble Art Deco movie places from the category names, winners' names, or images from the nominated films.[34] Notably, the arrivals area along Hollywood Boulevard outside
the Dolby Theatre was lined with a champagne-colored carpet was utilized for the gala. According to red carpet consultant Lisa Love, the production team chose a lighter shade of carpet colored tent erected to shield
attendees from the sun or potential rain. She also added that the shades of color for both the carpet and tent were inspired by "watching the sunset on a white-sand beach at the 'golden hour' with a glass of champagne in hand, evoking calm and peacefulness".[35] Lady Gaga was initially not scheduled to perform her nominated song "Hold My Hand'
from Top Gun: Maverick due to prior commitments involving her role in Joker: Folie à Deux. On the morning of the ceremony, however, it was reported that Gaga would perform at the ceremony, lowever, it was reported that Gaga would perform at the ceremony. [36] Meanwhile, actress Glenn Close, who was originally scheduled as a presenter during the gala, canceled her appearance due to a positive COVID-19 test
                                  ations were announced, nine of the ten films nominated for Best Picture had earned a combined gross of $1.57 billion at the American and Canadian box offices at the time. Top Gun: Mayerick was the highest-grossing film among the Best Picture nominees with $718.7 million in domestic box office receipts. [38] Ayatar: The Way office at the time.
Water came in second with $598.4 million), The Banshees of Inisherin ($9 million), Triangle of Sadness ($4.2 million), The Banshees of Inisherin ($9 million), The Banshees of Inisherin ($9 million), Triangle of Sadness ($1.1 million), The Banshees of Inisherin ($9 million), Triangle of Sadness ($1.1 million), The Banshees of Inisherin ($9 million), The Banshees of Inisherin ($9 million), Triangle of Sadness ($1.1 million), The Banshees of Inisherin ($9 million), Triangle of Sadness ($1.2 million), The Banshees of Inisherin ($9 million), Triangle of Sadness ($1.2 million), The Banshees of Inisherin ($9 million), The Banshees of Inisherin (
were unavailable due to their distributor Netflix's policy of refusing to release such figures. [39] Furthermore, by virtue of Avatar: The Way of Water and Top Gun: Maverick's Best Picture nominations, it marked the first time since the 55th ceremony in 1983 that the two highest grossing films of the year were both nominated in the aforementioned
category.[40] Andrea Riseborough's Best Actress nomination for To Leslie was controversial amongst critics and pundits, as Momentum Pictures, the film. Instead, director Michael Morris and his wife, actress Mary McCormack, organized a "celeb-backed
campaign" to get Riseborough nominated.[41][42] They contacted friends and colleagues in the entertainment industry, asking them to view the film and share it with others if they enjoyed it.[43] Morris and Riseborough also hired publicists to coordinate the efforts. While not initially regarded as a serious contender, the campaign raised
Riseborough's profile; dozens of celebrities praised her performance on social media, and some hosted screenings of the film during voting for the Academy Award nominations in January 2023.[44][45] Riseborough's nominations in January 2023.[44][45] Riseborough's nomination was announced on January 24, which the Los Angeles Times called "one of the most shocking nominations in Oscar history"
[43] After her nomination was announced, speculation arose that the tactics might have violated AMPAS members for possibly violating a rule prohibiting "[singling] out 'the competition' by name" by featuring a quote from film critic Richard
Roeper, who praised Riseborough's performance as better than Cate Blanchett's in Tár, a fellow nominee for Best Actress.[47] On January 27, the Academy announced a review of the year's campaigns "to ensure that no guidelines were violated, and to inform us whether changes to the guidelines may be needed in a new era of social media and digital
communication".[48] The Academy has rescinded nominations for nominees who participated in unsanctioned campaigning. However, there were no reports that Riseborough had been involved in such, or that any Academy members had lodged formal complaints about the campaigning that Riseborough had been involved in such, or that any Academy members had lodged formal complaints about the campaigning.
pledging to address "social media and outreach campaigning tactics" which they said caused "concern", but confirming that Riseborough's nomination would be retained.[49] Following the controversy, the Academy introduced new campaigning rules and clarifications in May 2023.[50] Variety columnist Owen Gleiberman wrote: "It didn't rock the
boat, it didn't overstay its welcome, and it left you feeling that the world's preeminent awards show, all doom-saying punditry to the contrary, is still, on balance, a very good thing." He also added that the world's preeminent awards show, all doom-saying punditry to the contrary, is still, on balance, a very good thing." He also added that the world's preeminent awards show, all doom-saying punditry to the contrary, is still, on balance, a very good thing."
Hollywood Reporter similarly praised the show's emotional beats and found its flaws "were mitigated more gracefully than just about any Oscars telecast" he could recall. [52] Mick LaSalle of the San Francisco Chronicle commended Kimmel's stint as host stating: "He was establishing that 2023 would not be a repeat of 2022 — and it wasn't. It was
such a relief to see something, anything, actually get better."[53] Mike Hale of The New York Times remarked on "the ordinariness and sameness of the ABC broadcast" compared to the prior year, [54] while USA Today's Kelly Lawler criticized it as "terribly fake" and felt that Kimmel's role "felt phoned in, or at least maybe monitored by corporate
overlords looking to avoid controversy" despite some of his jokes tackling controversial subjects such as the January 6 United States Capitol attack and Tom Cruise's Scientology advocacy. [55] Hale added that "the modern Oscars have become something more to be endured than enjoyed". [54] The American telecast on ABC drew in an average of
18.75 million people over its length, which was a 13% increase from the previous year's ceremony and marked the first time that the Academy Awards in 2014.[3] The show also earned higher Nielsen ratings compared to the previous ceremony with 9.9% of
households watching the ceremony. [56] In addition, it garnered a higher 18-49 demo rating with a 4.03 rating among viewers in that demographic. [57] It was the broadcast was nominated for three awards at the 75th Primetime Creative Arts Emmys
but failed to win in any of the categories for which it was nominated. [59][60] The annual "In Memoriam" segment was introduced by John Travolta. Singer Lenny Kravitz performed his song "Calling All Angels" during the tribute. [61][62] Olivia Newton-John - singer, actress John Korty - director, producer May Routh - costume designer Louise Fletcher
- actress John Zaritsky - cinematographer Albert Brenner - production designer Irene Papas - actress Mitchell Goldman - executive Bob Rafelson - director, writer, producer Albert Brenner - producer B
Badalamenti - composer Greg Jein - visual effects artist, model maker Neal Jimenez - writer, director Mike Hill - film editor Tom Luddy - producer, film festival co-founder Marina Goldovskaya - director, cinematographer, educator Christopher Tucker - special effects makeup artist Irene Cara - actress, singer, songwriter Gregory Allen Howard -
writer, producer Owen Roizman - cinematographer Luster Bayless - costume designer Gray Frederickson - producer Robert Dalva - film editor Nichelle Nichols - actress Edward R. Pressman - producer, executive Mike Moder - assistant director, actor Julia Reichert - producer, director Edie Landau - producer, executive Mike Moder - assistant director, actor Julia Reichert - producer, director Edie Landau - producer, executive Mike Moder - assistant director, actor Julia Reichert - producer, director Edie Landau - producer, executive Mike Moder - assistant director, actor Julia Reichert - producer Robert Dalva - film editor Nichelle Nichelle
producer Jean-Luc Godard - director, writer Ralph Eggleston - animator, producer Clayton Pinney - special effects artist Simone Bär - casting director Donn Cambern - film editor Tom Whitlock - songwriter Amanda Mackey - casting director Angela
 Lansbury - actress Wolfgang Petersen - director, writer, producer John Dartigue - publicity executive Burny Mattinson - animator Maurizio Silvi - makeup artist Jacques Perrin - actor, producer, director Mary Alice - actress Gina Lollobrigida - actress Carl Bell - animator Douglas Kirkland - photographer Vangelis - composer, musician James Caan -
actor, producer Raquel Welch - actress Walter Mirisch - producer, former President of the Academy Awards for Best International Feature Film ^ Jerome Robbins and Robert Wise first achieved this distinction for co-directing West Side Story (1961). Brothers Joel Coen and Ethan Coen later earned this same
feat for their direction of No Country for Old Men (2007).[12] ^ Many consider Merle Oberon, who was nominated for her role in The Dark Angel (1935), to be the first Asian nominee in this category, but she hid her mixed-race heritage due to fears regarding discrimination and the impact it would have on her career.[14] ^ Flam, Charna (March 3,
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