



የውሸት ዜና / Fake News

በፋሲል ጌታቸው

በአሁኑ ሰዓት በጣም ከሚያሰለጩ ነገሮች እና ለብዙዎቻችን የመጨነቅ ምክንያቶች አንዱ ቢሆን የውሸት ዜና (fake news) ወይም ሀሰተኛ መረጃ ነው። እድሜ ለሶሻል ሚዲያ (ፌስቡክ ፣ ትዊተር ፣ ኢንስታግራም ፣ ቴሌግራም ወዘተ የመሳሰሉት) ማንኛውም ሰው የፈለገውን ነገር መጻፍ የሚችልበት ቦታ ከመሆኑ የተነሳ እውነት እና ውሸት ተደባልቆ የሚሰራጩበት ቦታ ሆኗል። ከአሁን በፊት እዚህ ግሪን ፋየር መጽሔት ላይ ስለ ፌስቡክ በጻፍኩበት ወቅት በመጠኑም ቢሆን የሶሻል ሚዲያን ምንነት ለማስረዳት ሞክራ ነበር። አሁን ግን የውሸት ዜና በሶሻል ሚዲያ እንዴት እንደሚሰራጩ ለማሳየት እሞክራለሁ።

መጀመሪያ ሰው የውሸት ዜናን ለምን ይጽፋል የሚለውን ብናይ መልካም ይመስለኛል።

1. ከዘጠና አምስት በመቶ በላይ የተለያዩ ዓይነት መረጃ የሚያስተላልፉ ድህረ-ገጾች ዋናውና ብቸኛ ገቢያቸውን የሚያገኙት ደህረ-ገጾቻቸው ላይ በሚገኙት ማስታወቂያዎች አማካኝነት ነው። እነዚህ ደህረ-ገጾች ላይ የሚያስተዋውቁ

In this Issue

- Pg 1 የውሸት ዜና
- Pg 3 Motions' Paradigm
- Pg 4 Nervousness or Excitement
- Pg 6 The Natural Balance of Life worth Living
- Pg 8 ላይነጋ አይመሽም
- Pg 9 ማሳሰቢያ

ድርጅቶችም ሆኑ የማስታወቂያ ኤጀንቶች ማስታወቂያቸው እንዲታይላቸው ስለሚፈልጉ እንዚህን ደህረ-ገጾች ብዙ ሰው የሚመለከታቸው መሆኑን ካላመኑበት ማስታወቂያቸውን ያቆማሉ። ስለዚህ የድህረ-ገጾቹ ባለቤቶች ብዙ አንባቢዎችን ለማፍራት እና ያፈሯቸውንም አንባቢዎች ቶሎ ቶሎ ድህረ-ገጾቻቸውን እንዲጎበኙላቸው ሲሉ የሰውን ፍላጎት ሊይዝ ይችላል ብለው የሚያምኑበትን ነገር ሁሉ በማጋነን እና ያለምንም ማስረጃ ውሸት የሆነ ነገርንም ጨምሮ ከመጻፍ ወደ ጎሳ አይሉም። እነዚህ የድህረ-ገጽ ባለቤቶች እንባቢዎችን ለማግኘት ሲሉም የተለያዩ

ወደ ገጽ 5 ዞሯል

GreenFire

Dear, Valued Readers

First and for most I would like to thank you for taking time from your precious time to read our monthly newsletter Green Fire. On behalf of the Green Fire newsletter editorial team, and the parent company Motion Consulting & Training Staff it's my pleasure to provide you this newsletter free of charge.

Our great editorial team has worked hard in producing this newsletter with all the information that we believe will be a value to your life. Green Fire is produced and edited at Motion Consulting and Training headquarters and distributed via email and through our Telegram channel as well as Facebook page monthly.

If you have any comments, questions, or you would like to contribute to our newsletter, just send us an email.
greenfireNL@gmail.com

Thank you

Fasil Getachew
Chief Editor of Green Fire Newsletter



It's never too late
to train your mind!

We provide a variety
of training sessions!

CALL US @
+251 118-93-30-08
+251 968-96-96-96



MOTION
CONSULTANCY &
TRAINING PLC

Editorial Team

Chief Editor: Fasil Getachew

Content Producer: Abebe Legesse
Berhanu Rabo
Yonatan Gena
Fasil Getachew

Layout Designer: Fasil Getachew

Proof Reader:

Abebe Legesse
Berhanu Rabo
Temesgen Abiy
Fasil Getachew
Yonatan Gena

Copy Writer:

Fasil Getachew

Production: Motion Consultancy & Training PLC.

Motions' Paradigm

by Abebe Legesse

It is made clear that nothing in the universe is neither static/stationary nor existed without reason. The phenomenon of none stationarity and existence with reason of everything in the universe is not random rather it is intentional and designed to be so. That is why it is neither intermittent or temporary or disgusting rather it is persistent, lasting and admirable. Any notion or action without initiation and criticality hardly leads to the desired destination, thus could not be admirable. Any move that may not reach the desired destination is wastage, it is like lost game which demand repeated effort and or change of the game or rule of the game. Changing or correcting anything that went wrong always demands more energy and resources than that required to create it, particularly when dealing with human than material. That is why to be critical and having an effective and efficient design for all notion and action is crucial.

There is no mindful creature that efforts for no reason and without expecting a result. The magnitude, and nature of the result depends on the efficiency and effectiveness of the process, the architecture and level of efforts excreted. Efficiency and effectiveness are only finetuned to its strong strength through developing and applying strategies and tactics. Strategies and tactics and are tricks of playing with challenges and adversities. Strategies and tactics not only save the aspired results from not being tangible, but also helps to minimize or optimise the resources required to achieve the results. The followings are the strategies of Motion;

- Instigating, promoting and maintaining collaborative approach with partner organizations in service delivery,
- Making progress step-by-step and learning

from collective experiences,

- Collaborating with relevant government departments, private sectors, and civil society organizations,

- Adopting an interdisciplinary approach to research and networking with scholars from different disciplines,

- Keeping pace with the fast-growing digital technologies in an attempt to promote knowledge accumulation and utilization.

- Supporting societal interest through organizing regular and continuous social responsibility programs and activities,

- Effectively utilizing untapped experience of highly qualified scholars, while building the capacity of young Experts and researchers at the same time.

- Building conscious, critical and open minds through exposing and provoking its manpower through varying number of ways, including training, coaching, role play practice,

- Hunting and spotting deviations including reluctance, procrastinations and pretention,

- Cultivating leaving in sense of urgency and mindsets with scenario planning,

The above strategies and tactics are meant to safeguarded Motion Vision and Values, it helps Motion to live up to its Mission, it ensures and put Motion in progress and excel in service.

The cumulative nature of Motion presented so far has engraved some special peculiarities in Motion and its consultancy, Training and Research services. The features that makes Motion peculiar from other similar companies in the country shall be presented with the next version of green fire.



Nervousness or Excitement

by Yonatan Gena

Guess what's the number one thing feared by majority of people around the world? You might say it's fear of death or fearing the loss of a loved one, but different researches has revealed that it's neither. The number one universal fear is the fear of public speaking. So if you thought you were the only one, well think again.

First of all most people don't get in front of a stage voluntarily but rather when they have to. And when that happens the most common experiences people encounter are nervousness, speeding thoughts, pounding heart, sweaty palms and shortening of breath. This all are natural experiences. But when people experience these things they make it worst than it should be by freaking out. That's why we see people fail over and over again when it comes to public speaking. And the worst part of this is when people have a bad experience with their first trial in public speaking they tend to quit in trying all at once.

Here is a good news though, new studies at Harvard University found that by interpreting these experiences as excitement instead of anxiety, people performed better in three types of stressful situations: singing in front of strangers, speaking in public and solving difficult math problems.

So next time whenever you find your self in front of an audience of any sort, try sensing your emotions and instead of freaking out when you find your self starting to spin out of control, tell your self how excited your feeling for being there and see how your performance can sky rocket because you proactively channeled your emotion.

ይህ ቦታ ለማስታወቂያ ክፍት ነው

THIS SPACE IS AVAILABLE FOR YOUR AD

+251 911 62-79-15

+251 911 75-30-88

+251 968 96-96-96

greenfireNL@gmail.com

ከ15,000 በላይ አንባቢዎች አሉን

ድርጅቶችን እና ብዙ የፌስቡክ ወይንም ትዊተር ጓደኛ ያሏቸውን ግለሰቦች ገንዘብ በመክፈል ደህረ-ገጹ ላይ ያሉትን የውሸት ዜናዎች በፌስቡክ ገጽቻቸው ላይ ማስፈንጠሪያ (link) በማስቀመጥ እንባቢዎችን ወደ ደህረ-ገጹ ይልካሉ።

2. የትዩብ ወይንም የተለያዩ የቪዲዮ ሼር ማድረጊያ ገጾች ላይ የሚወጡ ቪዲዮ ወይንም ፎቶዎችን የሚያሳዩ የውሸት ዜናን የሚያሰራጩትም ቢሆን ዓላማቸው ልክ እንደ ደህረ-ገጹ ባለቤቶች ገንዘብ ለማግኘት ነው። ብዙ ሰው ቪዲዮአቸውን በተመለከተው ቁጥር የትዩብ ወይንም አብዛኛዎቹ ደህረ-ገጾች ከማስታወቂያ ከሚያገኙት ገንዘብ ቪዲዮውን ለሚለቁት ሰዎች ስለሚያካፍሉ ነው (እንዲያስተውሉት ያክል የትዩብ ድርጅት ቪዲዮ ለሚለቀው ግለሰብ ወይንም ድርጅት እያንዳንዱ ቪዲዮ በሚያገኘው እይታ መጠን ይከፍላል። ለ1000 እይታ በአማካይ የአሜሪካን 3 ዶላር ወይንም የኢትዮጵያ 100 ብር ያክል ይከፈላል። ለምሳሌ 500 ሺ ጊዜ የታየ የውሸት ዜና ቪዲዮ የሰራ ሰው 1,500 ዶላር ወይንም ወደ 48 ሺ የኢትዮጵያ ብር ያገኛል ማለት ነው። ሳናውቀው የትዩብ ላይ ያሉ ቪዲዮችን እዩ ብለን በመጋበዝ ስንት ምስኪኖችን በማሸበር የውሸት ዜና ሰሪዎችን ግን ሃብታም አድርገን ይሆን?)

3. ለፖለቲካ ወይንም የአንድ ወገንን አጀንዳ ለማስፋፋት ወይንም ሌላውን ወገን ለመጉዳት ተብሎ የሚጻፉ የውሸት ዜናዎች በተለይ በአሁኑ ወቅት ከሰለጠነው አለም ጀምሮ እስከ ሶስተኛው ዓለም ድረስ በጣም ትልልቅ ጉዳትን የሚያስከትል ችግር ሆኗል። ከላይ የጠቀስኳቸው ምክንያቶች ዋና ዋናዎቹ እንጂ እነዚህ ብቻ ናቸው ለማለት አይደለም። የዚህ ጽሁፍ አብይ ዓላማው እንዴት የውሸት ዜናዎችን እንቀንሳቸው ቢቻል ደግሞ እናቁማቸው የሚለው ላይ ማተኮር አስፈላጊው ነው ብዬ ስላመንኩበት ነው። ችግሩንም ከነመንስኤው አብዛኞቻችን በመጠኑም ቢሆን እናውቀዋለን ቁም ነገሩ ግን መፍትሄ መፈለጉ ላይ ነው።

የውሸት ወሬ / የሀሰት መረጃን መለያና መቀነሻ መንገዶች

1. ዜናውን የሚጽፈው ሰው ወይንም ድርጅቱ የሚታወቅ የዜና ወይንም የሚታመን መረጃ በመስጠት ይታወቃል። (ሲ ኤን ኤን፣ ቢ ቢ ሲ ወዘተ ...)
2. ዜናው ወይንም መረጃው ከሶሻል ሚዲያ ውጪ በሚታወቁ የዜና ድርጅት ድህረ-ገጾች ላይ ይገኛል ወይ (ለምሳሌ የአሜሪካው ፕሬዝዳንት ዶናልድ ጄ ትራምፕ ኢትዮጵያን ሊጎበኙ ነው ሲባል መርካቶ ሰማሁ ብላችሁ። ከሳቃችሁ በኋላ ማን ነው መርካቶ ውስጥ ይህን የነገረህ ብላችሁ መጠየቃችሁ አይቀሬ ነው። ምክንያቱም መርካቶ የብዙ ህዝብ መገበያያ እና የመገናኛ ቦታ እንጂ መርካቶ የሚባል ተጠሪ ወይንም ተጠያቂ ሊሆን የሚችል አንድ ተቋም አይደለም። በነገራችን ላይ ፌስቡክ ላይ ሰማሁ ብለን

እንድን ወሬ ስናወራ ከዚህ ምንም አይለይም። ፌስቡክም እንደ መርካቶ የብዙ ህዝቦች ስብስብ እንጂ በራሱ መረጃ እና ዜናን የሚያረጋግጥ ወይንም የሚያቀርብ ተቋም አይደለም።

3. ዜናውን የሚጽፈው ግለሰብ ወይንም ድርጅት እውነት ስለሁኔታው እንዴት ሊያውቅ ቻል የሚለውን መጠየቅ አስፈላጊ ነው (ለምሳሌ አንድ አውስትራሊያ ውስጥ የሚገኝ የትንሽ ከተማ የጋዜጣ ድህረ-ገጽ ላይ ‘አዲስ አበባ ቦሌ አካባቢ የጨው ዋጋ ጨመረ’ ብሎ ቢጽፍ። ‘ለምን እና እንዴት አውቆ ነው’ የሚለውን ጥያቄ ማንሳት አለብን። ይህን ዘገባ የሰራው ሰው ማነው ለምንስ ሰራው የሚለውን መረጃ እካው ድህረ-ገጹ ላይ ስለጸሃፊው በማንበብ ማረጋገጥ እንችላለን ። በተጨማሪም አዲስ አበባ ቦሌ አካባቢ ያሉ ሁኔታው የሚመለከታቸው ጋዜጣን የዜና አግልግሎቶችስ ምን ብለዋል የሚለውን በማረጋገጥ መለየት እንችላለን።

4. ዜናውን የጻፈው ግለሰብ ወይንም ድርጅት ምን ዓይነት አቋም(stand) ፣ በምን ዓይነት የዜና ዘገባዎች ይታወቃል (reputation)። ይህን ስንል የጸሃፊው የፖለቲካ እና የአኗኗር ሁኔታ ብቻ ሳይሆን ለገንዘብ ወይንም ለዕውቅና በማለት ምን ዓይነት መረጃዎችን ከአሁን በፊት ጽፎ ያውቃል የሚለውን በማጣራት ዜናው ምን ያህል እውነት ነው ምን ያህልስ የተጋነነ ነው የሚለውን መለየት እንችላለን።

5. አጻጻፉ ምን ይመስላል? ብዙ የፊደላት እና የአባባል ስህተቶች አሉት ወይ በተለይ የእንግሊዘኛ ዜናዎች ላይ። ታማኝና እውቅናን ያካበቱ ትልልቅ የዜና ዘጋቢዎች ድህረ-ገጽ ወይንም የፌስቡክ አካውንት ላይ የሚጻፉ ዜናዎች በሙሉ የጋዜጠኝነት ትምህርት በተማሩና ፊደላትን እና ጽሁፎችን የሚያርሙ ኤዲተሮች ስለሚኖራቸው እንደዚህ አይነት ስተቶችን አይሰሩም።

6. የተጻፈው ዜና ላይ የተጠቀሟቸው ምስሎችስ ከየት የመጡ እንደሆኑ ማረጋገጥ ይችላሉ (Reverse Image Search) ማንኛውንም በሶሻል ሚዲያ ወይንም የዜና ድህረ-ገጽ ላይ የሚያገኙትን ምስል ወደ ስልክዎት ወይንም ወደ ኮምፒውተርዎት በማውረድ (ዳውንሎድ በማድረግ) images.google.com የሚለው ድረ-ገጽ ላይ ገብተው የካሜራዎን ምስል በመንካት ፎቶውን ወደ ጎግል በመላክ ይህ ፍቶግራፍ የት የት ድህረ-ገጾች ላይ እንደሚገኝና መጀመሪያም ከየት ድህረ-ገጽ እንደመጣ ማወቅ ይችላሉ።

7. በተለይ በእንግሊዘኛ ተጽፈው የሚያገኛቸውን የዜና ወይንም የመረጃ መልዕክቶች እውነተኝነታቸውን ማረጋገጥ የሚቻልባቸው ብዙ ትክክለኛ የዜና እና የጋዜጠኞች ማህበራዊ ገጾችን በማመሳከር እውነት የሆኑ መረጃዎችን የሚሰጡ ድህረ-ገጾች በመጠቀም ጽሁፌን እዚህ ጋር ላብቃ FactCheck.org, PolitiFact.com, and Snopes.com. እስከሚቀጥለው እታም በሰላም ቆዩ።

The Natural Balance of Life worth Living

By **Brahnu Rabo**

Nature is well balanced and organized. It will be imbalanced and disorganized when we touch a button we don't know. In life, when we appeal to what we don't understand we are playing a self-defeating game. If you are modern appeal to modernity, if you are traditional appeal to traditional life, if you are money-oriented appeal to money, if you are spiritual oriented appeal to spirituality if you are knowledge-oriented appeal to knowledge, if you are technology-oriented appeal to technology....appeal to where your heart is you will be the winner, appeal to where your heart is, you will not be the loser. Find your best-fit position, you are not 'no one from nowhere!' 'You are someone from somewhere'.

Knowing the playing ground in all our walks of life is the first most important thing. If one fails to learn and understand the playing ground, s/he may try a football game on a handball field, and experience a defeat even before the game starts. Failure to know the rule of the game will make you play the game that you will never win. Hence, the greatest wisdom is to know the game, then understand the rule of the game, and finally play it professionally. This will be possible if and only if we understood the wisdom of life and find the key to life through a journey of experiencing the experience that helps us to live the life that worth living. The right way to make our life marvelous and life that worth living is to dig out the life's wisdom through a life journey by investing time and money and/or follow those who are already

on the way and/or take the challenging journey by ourselves and discover our Illumination.

The life that worth living is when you pro actively shed a light on everything you think, everything you do and every life you live by seeking the depth of life. Such conscious exercise will give you a chance to develop and exploit your common sense. Once, your common sense is developed, you will be in a journey of divine capacity and regretless life journey. And, the life worth living is the life that employed a well-trained common sense. It is a highness of humanity that helps to share the divine benefit and meet the purpose we are created for.

Every wisdom you endowed with apart from the key issues mentioned above is, to understand the balance of nature and discover your position and role wherever you are. Everything, like in a football game filed, needs orientation, order, and organization. You cannot play without your position considering as your permanent position unless you try it for urgent cases and emergency support. The more professional the game would be, the more it is organized and well oriented. The most effective player would be is the more s/he knows its position and discharged what would be expected of that position.

In nature's balance and living of the life that worth living, one needs to understand and must know its role at all its existence and discharge that role. The other option on the contrary is to be a watcher of life or just a fan of life without playing and/or tasting it in, all, your lives.

Just for practical illustration, let's consider the most beautiful nature's order everyone knows and

analogically analyze against yourselves. The Sun, the Producer (Green Plants), the consumer (those who do not produce their food). The sun is the source of solar energy and its role is to provide that energy. The green plant is the producer and its role is to convert that solar energy into the usable form/chemical energy that can be used by consumers. The consumer's role is to manage the system so that the process will be intact both healthily and sustainably. In such natural order, everyone needs to play its role so that the healthy operation of the system will continue to operate so that life on earth persist and exist. The source of energy, the producer and the consumer must know the level of action and inaction, so that all life on the earth remains healthy and operate in harmony.

Imagine the planet without the source of energy, imagine the planet with the source of energy but no producer-the green plants, the planet where there is both energy provider, producer and yet no consumer. Lack of one makes the whole system incomplete and nonsense. The inability of action as per their capacity and role makes the whole system full of chaos. Imagine the scenario where the sun tries to produce and the plant tries to generate energy and the consumer tries to accomplish one of the task-the tasks of the sun or the task of the plant. The whole system will be disordered or start to malfunction.

Nature has such a beautiful balance and help all life to precisely exist under some order. No mess, no chaos, no disorder. It knows how to

operate on purpose and when needs adjust itself. If one tries to analogically extrapolate such natural balance into one's day to day life/activity, it is worth mentioning to know precisely where our place is in all our day to day operations from place to place. Are you a source of energy-the sun, are you converter of the energy into food-the producer (green plant), are you a consumer in all your existence and/or condition-specific? is something of great value to know.

In your organization, in your family, in your community are you energy emitter, are you energy converter into valuable form for use, are you rational consumer? Do you represent your role knowing your best fit? Are you ordered and help others to act for the best benefit of the whole system? Are you the means for the best life that worth living, no matter, whatever you are? Do you know the best position you fit in to and contribute your maximum ability and capacity...? All you need to know and do is to learn from nature's balance and conquer your best-fit position and exercise the life worth living by unlearning just be a fan of everything.

You are not here to be just a fan and pass away. You are here for a purpose. You are here to play your role. Just identify yourself. Know whether you are an energy emitter? Producer? Consumer? Or what....? Be someone somewhere, avoid being nobody everywhere, life is not something to be wasted/trashed, it is something to be valued and lived. Learn from nature's order/balance and unlearn the conditioned disorder consciously built in your unconscious and lead you unconsciously.





ላይነጋ አይመሽም

ቡብርሃኑ ራቦ

ዓለም ከተፈጠረበት ጊዜ ጀምሮ የሰው ልጅ ያልወጣው ዳገት ያልወረደው ቁልቁለት የለም። ለሰው ያልሆነው ነገር ሰው ሰውን ያላደረገው ነገር የለም። የሰው ልጅ ተራቆ በሰማይ በሯል ተዋርዶ ሰው ሰውን በልቷል። ምድር በሰው አዝናለች እንዲሁም ደግሞ ተደስታለች ለሰው ልጅ የማይስማማው ነገር የለም። ሰው ምድርን ያስቃይማታል ፣ ደግሞ ያሳምራታል።

የሰው ልጅ ሰውን በልጦ ነግሷል፣ ደግሞም ሰው በልጦት ባርያ ሆኗል። ሰው ሰው መሆኑን እስኪዘነጋ ድረስ ከፍ ብሏል የራሱን መሳይ ሰውን ደግሞ ዝቅ አድርጓል። ሰው ነውና ሁሉን ይችላል። ሰው ለማዳ ነውና የሆነው የሚገባው ያልሆነውን ደግሞ የማይገባው አድርጎ ይቆጥራል። የሰው ልጅ አንጠፍጥፎ ምድርን ለመብላት የሚጥር ፍጥረት ቢሆንም የኋላ ኋላ የምድር ቀለብ የማታ ማታ የአፈር ድግስ መሆን ነው።

ሰው ፈክቶ የሚኖረው ከፈተናዎቹ ጋር በሚያደርገው ትንቅንቅ ነው በትንቅንቁ ይወድቃል ወይ ይጥላል። አሳዛኝነቱ እና ምስኪንነቱ ሲጥል ይደስታል ከዛም ደግሞ ይራራል። የጣለውን ጨርሶ ስለማይጥለው ተነስቶ ይጥለዋል ስለዚህ ሙሉ ዘመኑን በመጣል እና በመውደቅ መካከል ያሳልፋል።

የሆነው ሆኖ ምድር የፉክክር ቦታ ናት የሰው ልጅ የጸና ታጋይ ነው። ከራሱ መሳይ አንስቶ እስከ ረቂቅ ፍጥረት ጋር ይታገላል። ሰው ከሰው ዳር፣ ከአየር ጋር፣ ከጫካ አራዊት ጋር፣ በአይን ከማይታዩ ረቂቅ ፍጥረት ጋር ይታገላል። ወይ ይጥላል ወይ ይወድቃል ቢጥልም ሆነ ቢወድቅም ድሉም ሆነ ሽንፈቱ ዘላቂ አይደለም። የጣለውን ይጥለዋል የጣለውም ይጥለዋል። እናም ይህንን የመነሳት እና የመውደቅ ሽግግር እየተጫወተ ዘመኑ ያልቃል። በዚህ ሁሉ የሕይወትና የዘመን ጉዞ የሰው ልጅ ትንግርታዊ ባህሪው ተስፋ አለመቁረጡ ሊያርደው ይዞት የሚሄደውን አይታገልም ይምረኛል ብሎ ተስፋ ያደርጋል።

ይህ እንዳለ ሆኖ የሰውን ልጅ ብዙ ጊዜ ከምንም በላይ የሚገድለው አለማወቅና ፍርሀት ነው። በማወቅ ሩጫ ከተቀደምክ በህይወት ሩጫ ልትቀድመው አትችልም።

አትፍራ እወቅ እና እሩጥ ከተስፋ በላይ ተስፋ አድርግ ላይነጋ አይመሽም።



በርከት ያሉ ሰዎች በተሰበሰቡበት
በታ ቆመው መናገር ይፈራል?

ሃሳቦችን ለማስረዳት ይጨነቁ ይሆን?

ያሰቡበት ደረጃ በመፍራትዎት
ብቻ ሳይደርሱ ቀርተው ይሆን?

ከላይ ከተጠቀሱት ጥያቄዎች ለአንዱ
እንኳን አዎ ከሆነ መልስዎን
በ+251 911 62-79-15
ወይንም
+251 118-69-17-99
ደውለው ያነጋግሩን!

PSOF PUBLIC SPEAKING &
OVERCOMING FEAR
TRAINING



የስልጠናው አዘጋጅ
ሞሽን ኮንሰልታንሲ ኤገድ ጉሬኒግ
አሰልጣኝ
አቶ ብርሃኑ ራቦ

ማሳሰቢያ

በኮሮና ቫይረስ በአገራችንም ሆነ በዓለም ዙሪያ ምን ያህል ህዝብ ተያዘ የሚለው መረጃ ፈልገውም ሆነ ሳንፈልገው እየሰማነው ያለ መረጃ ስለመሆኑ ምንም ጥያቄ የለንም። ይህ መረጃ አስፈላጊ ቢሆንም ከበሽታው በተጨማሪም የዓይምሮ መጨነቅን በጣም እያስከተለ ስለሆነም እኛ የግሪን ፋየር መጽሔት ጸሃፊዎች እና ሞሽን ኮንሰልታንሲ እና የማማከር ድርጅት ይህንንው መረጃ ከመድገም ይልቅ የሰማችሁት ቢሆንም እንዴት እራሳችንን ሆነ ወገኖቻችንን እንጠብቅ የሚለው መረጃ ላይ ማተኮር ተገቢ ነው ብለን ስላመንን እሱን የመከላከያውን መንገድ ብንደግም ቅር እንደማይላችሁ እርግጠኛ ነን።

ከግሪን ፋየር መጽሔት ዋና አዘጋጅ ፋሲል ጌታቸው።



አምስት ነገሮችን ያድርጉ ኮሮና ቫይረስን ለማስቆም

1. እጆዎትን ቶሎ ቶሎ ይታጠቡ
2. ክርንዎን እጥፈው ይስነጥሱ / ያስሉ
3. ፊትዎትን አይንኩ
4. እርቀትዎን ጠብቀው ይንቀሳቀሱ
5. ከቻሉ እቤትዎ ይሁኑ



DO THE FIVE
Help stop coronavirus

1. HANDS Wash them often
2. ELBOW Cough into it
3. FACE Don't touch it
4. SPACE Keep safe distance
5. HOME Stay if you can



it's possible to
work hard without stressing!

LET US SHOW YOU HOW!

Call or Email us NOW

+251 118 69-17-99

+251 911 62-79-15

mctethio@gmail.com

WWW.MOTIONETHIOPIA.COM



**MOTION
CONSULTANCY &
TRAINING PLC**

CONSULTANCY

COUNSELLING

RESEARCH

DEVELOPMENT

TRAINING

COACHING

NEAR URAEL CHURCH ON SHEGER BUILDING OFFICE #201 ADDIS ABABA, ETHIOPIA