GreenFire

Igniting your Potential

This Newsletter is produced and distributed Free of charge by **Motion Consultancy and Training PLC.**

ISSUE 2020 VOL 06

JUNE 2020

Monthly Newsletter powered by **Motion Consultancy & Training PLC.**



An artist drawing of George Floyd: killed by Minneapolis City Police Officer

Breathe and Help Breathe

by Berhanu Rabo

Human action and inaction created a mess for humankind. The mess is finding its depth and breadth from time to time. Unfairness and domination of the weak by the strong, the have not's by the have's , the small by the big, the black by the white is becoming a trend. Racisim isn't not just about the economy, the size, the position, the color, and / or anything else. Racism is a concept that is developed by the devil and operated by the devil's son.

The planet earth experienced an epoch whereby human burnt human, human slaughtered human, a human played by a human-like animal game, human gave mega pain to a fellow human, human sold human, human bought human, human used human, human served human through thought of slavery and many other systems developed by a fellow human to dominate its fellow human. Everything has been done to humans, all cruelty is done to humans, there is nothing bad things on earth which humans did not face, did not experience.

Continued on page 6

In this Issue

Pg 1 Breathe and help Breath

Pg 3 Motions' Culuture

Pg 7 SCAM AERT

Pg 8 Fixed or Growth Mindset

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 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 by Motion Consulting and Training PLC 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



Editorial Team

Chief Editor:	Fasil Getachew	**Proof Readers:**	Abebe Legesse Fasil Getachew Berhanu Rabo Yonatan Gena
Content Producers:	Abebe Legesse Yonatan Gena Berhanu Rabo Fasil Getachew	**Copy Writers:**	Fasil Getachew
Layout Designers:	Fasil Getachew		

Production: Motion Consultancy & Training PLC.

MOTION'S CULTURE

By Abebe Legesse
CEO of Motion Consultancy & Training PLC

Culture is a tool that helps to harmonize system with Environment. The environment includes all tangible matters, where the system is made up of intangible but definite constituents of an individual, family/group, an organization, a country, the world, and the universe.

A company that has no culture thus is like unintentionally dispersed seed for which its germination and growth is uncertain, and even if it grows and matures reaping could be difficult due to irregularities in time and space. Moreover, the un-harmonized effort cannot reap the power of synergy and thus induce loss of time and other resources. It could also usually trigger unproductive conflicts among company components. Thus, Motion has been building company culture since its establishment.

Motion cultures are largely integral to the life of its founders and all humans in general. Thus, it is simple to practice and live with. Some of the Motion cultures are rarely revised and updated and others could be regularly checked and updated to suit prevailing situations of its area of existence and operation. The followings are rarely revisable covenants of Motion Cultures with its details.

Motion Values:- Motion essences are based on five Values; T**rust and Respect, Timeliness, Win-Win Endeavor, Originality and Action and Impact.** *For detail refer to Green Fire Newsletter Issue 2020 Vol 3.*

Motion's Way:- Motion's ways are the other fundamental parameters of assessing family interest, capacity, congruence, and performance. For the sake of framing and limiting the assessment, dos and don'ts associated with each Motion's way and corresponding time zones are elaborated in the table below. Motion families are required to observe/give attention to staff consciousness level and persistence in undertaking activities in accordance with Motion's Way. There are Nine Motion's way time zones accommodated with varying time budget in a week as shown below and elaboration/description on the aspects of assessment.

Continued on the next page

MOTION'S CULTURE

continued from Previous page

Time Budget	Zone	Description
7:30	***Concentration Zone/CZ***	Offline/Disconnected working time
8:30	***Networking Zone/NZ***	Networking/ lobbying/Guest Hosting Time
2:30	***Sharing Zone/CZ***	Investing Inside/Self re-engineering
2:30	***Synergy Zone/SyZ***	Meeting/Planning and reporting time,
9:30	***Ordinary Zone/OZ***	Online/ offline/ and not designated to any but to all
	Extra Effort Zone/EZ	For Tasks Demanding Extra Time/Value-adding time
12:00	***Refreshment Zone/RZ***	Tea and Informal discussions, Refreshment Time
2:00	***Wisdom Zone/WZ***	Presentations/Dialogues
	Socializing Zone/SZ	Off office

Motion's Pyramid:- Motion Pyramid forms the basic essence and transcendence of Motion as a company. Thus, Motion staff shall be assessed when joining Motion and during their existence with Motion in line with Motion's Pyramid. Motion The pyramid is constructed by four key personal qualities forming the vertex of Triangular pyramid. Sides of the triangular pyramid are made by the interaction of the qualities at the vertex and form other secondary qualities.

Communication: Motion Family is required to be well conversant, articulate in all Writing, Speaking, Reading, Presentation, Lobby, and marketing. Motion Family should have well managed facial expression and physical appearances/dressing. Motion staff is required to be well organized, listeners and attentive. Motion staff is always required to promptly respond when communicated and follow through and share information with others

Continued on the next page

MOTION'S CULTURE

continued from Previous page

both actively and proactively. Motion staff is also required to be active in recordkeeping, documentation and data management. Motion staff is required to be active in overcoming Multi-barrier system, reporting status, receiving and giving feedback, building and maintaining relationships and active in team play.

Commitment: Motion staff is required to be devoted and reliable in executing task. They are required to be dependable and willing and motivated to exert extra effort to get work done, to create opportunity, to employ efficient resource planning, and usage, office management, company branding. In some case they should be willing to commit their time, labor and other resources to meet the requirement of the company.

Competence: Motion family is required to be always seeking advancement in their area of experts, Technology usage, system development, and maintenances. Motion staff should always strive to deliver state of the art and of the science services. Motion staff is required to have a high comprehending capacity, clear outlook, and stable code of conduct.

Consistency: Motion staff is required to be reliable in terms of contribution, Attitude, behavior, delivery, mood, habit, belief, self-care, manner, discipline, presence and etc.

Motions' Passion:- The essence and transcendence of Motion as a accompany, highly depends on the level of sense of ownership expected to exists in its Family members (staff, SH, Volunteers) and the existence of an efficient system. These facilitate and ensure holistic and continuous improvements, advancement and credibility of the company both in time and space. Ultimately, the present and the future of Motion could be admirable and enjoyable not only by its family but also by others who in one way or another interacts with Motion and its staff. Thus, Motion family members are assessed in terms of key parameters, which ensures company progress as elaborated below.

Self-initiative: Motion family is required to be internally driven to perform and achieve. Should remain motivated, positive-minded and serious in purpose. Execute activities without or with a very minimum follow-up and support. Motion family is expected to regularly generate new ideas, approaches and also take up generated ideas and approaches readily.

Contribution: Motion family should live in Motion with standing quest if and what is their contribution, always strive to contribute and add value to self and the company, recognize but should not be satisfied with minimum achievements.

Dependability: Motion family is required to be stable, loyal, responsive and accessible. Motion family should also be credible, always give time and work on details and routines to build system and company memory through record keeping, documentation and system maintenance.

Extra Effort: Motion family is required not to limit itself to what is planned, but always try to go beyond expectation. Should be open-minded and identify system, activity defects, gaps, overlaps and take corrective action.

Multitasking: Motion family need to have priority, Plan ahead and be accountable. Motion family should also be willing to perform all tasks that contribute to the company progress as long as the knowledge and skill required is available. Motion family should not be uni-tasking, stick to limited paradigm.

Others: Other Motion Culture covenants which are regularly checked and updated includes its organizational structure, rules and bylaws, guideline, and standards, etc.

Breathe and Help Breathe

continued from page 1

It is only the weakness of words or language that unable to tell the wrongs and humiliation inflicted on a human being.

Since time immemorial, humans are not equally human. Some humans are more human than other humans. Some humans are more important than the other. This is happening in the society officially. It is common to see elsewhere-where politicians are gambling with humans the term 'VIP, and when worsen VVIP". Very Important Person, Very Very Important Person". This connotates the fact that some humans are more important than other humans. The ordinary will scarify for the extra-ordinary, the non-important die for the important, the VIP for the VVIP…it continued in a class of the hierarchy. The worst scenario is even we don't understand that we are discriminating when discriminating. Because of faulty societal makeup deep-rooted in society, there is no time in human history where being human is enough to be human. From Small cottage locality to the global society let alone our flesh, there was no time in which we had the same soul in our skin as our fellow humans.

The society is built in the way one dominates the other. The earth accustomed to living in the rhythm of domination and discrimination. The system is hard and harsh enough to the level the slave falls in love with being a slave and feels proud of serving his/her master. The dominator or slave master made to think that s/he created to be master and, it is creation's will for being master or slave. In the deepest of their inhuman arrogance, they try to make even the pure GOD be their witness for their cruel and inhuman action. They use the fairness and justice of GOD for their unfairness and injustice. Had, the blood of human and tear of human is concentrated in one place, it could become a big flood and washed out all wrongdoers on the mother earth.

The time immemorial, poor fellow human suffering suddenly come out from the helpless poor guy George Floyd with a very touching rhythm "Please…. I can't breathe" while the mindless dominator enjoys such life calling sound like his best music soundtrack putting his hand in his pocket as if he is dealing with beast not even human. For the man eater guy, this doesn't matter because he brought up by the senseless concept "Black's life doesn't matter". Hence, it is not only George Floyd whose breath is taken by the senseless dominator. It is a numberless destitute who cannot breathe because of its fellow dominator and/ or another senseless human who is enemy of all human, and man eater.

Therefore, "I can breathe, if and only if George Floyd was allowed to breathe, this planet is fair, all humans are human, and there is a right to breathe, and my life does matter". However, the poor guy was deprived of his right to breathe and brutally killed Infront of other helpless fellow human using his almighty power of killing the black whose life 'doesn't matter'. In general, "I can breathe" had, my brother George Floyd and others fellow humans were allowed to breathe….and I am optimistic that not an only human being but also nature itself will be allowed to breathe being released from the mighty hands of cruelty, and in that case "I can breathe"; otherwise, "I can't breathe…., and my fellow disadvantaged humans let's unite to breathe and help others to breathe too". The bottom line and motivation of this article is to promote the reverse concept and positive side of life, which is: "I Can Breathe and Help others to breathe"





by Fasil Getachew

I am sure you are washing your hands as often as you can, wear face masks, and maintaining social distance to prevent the spread of the corona virus. Even on our last issue of the GreenFire newsletter, we have advised you to use social media to keep in touch with colleagues and friends, while looking out for Online scammers. Due to COVID-19 Online scamming has become a big problem all over the world including Ethiopia. So, it has become very necessary to write some tips on how you protect yourself from this scammer

Scammers are creating content that appears official and related to COVID-19, tricking you into revealing personal information like bank account numbers, login IDs, and passwords. At the same time, by clicking a link, you may also unknowingly download malware that infects your computer and captures your data. Additionally, phony links in emails can be a major threat to your system.

Here are a few tricks scammers are using in their phishing attempts Names of real companies Scammers often use legitimate company names and copy the look of official websites and emails to fool you. Right now, they are even sending out correspondence that looks like it's from the World Health Organization, local governments, or other trustworthy sources.

If you have gotten an email from your bank asking to verify your login or password for your Online banking, make sure to actually Google or type the website address for your bank and try logging through that instead of clicking on the link or better yet call the bank and ask them if the specific email is actually from them.

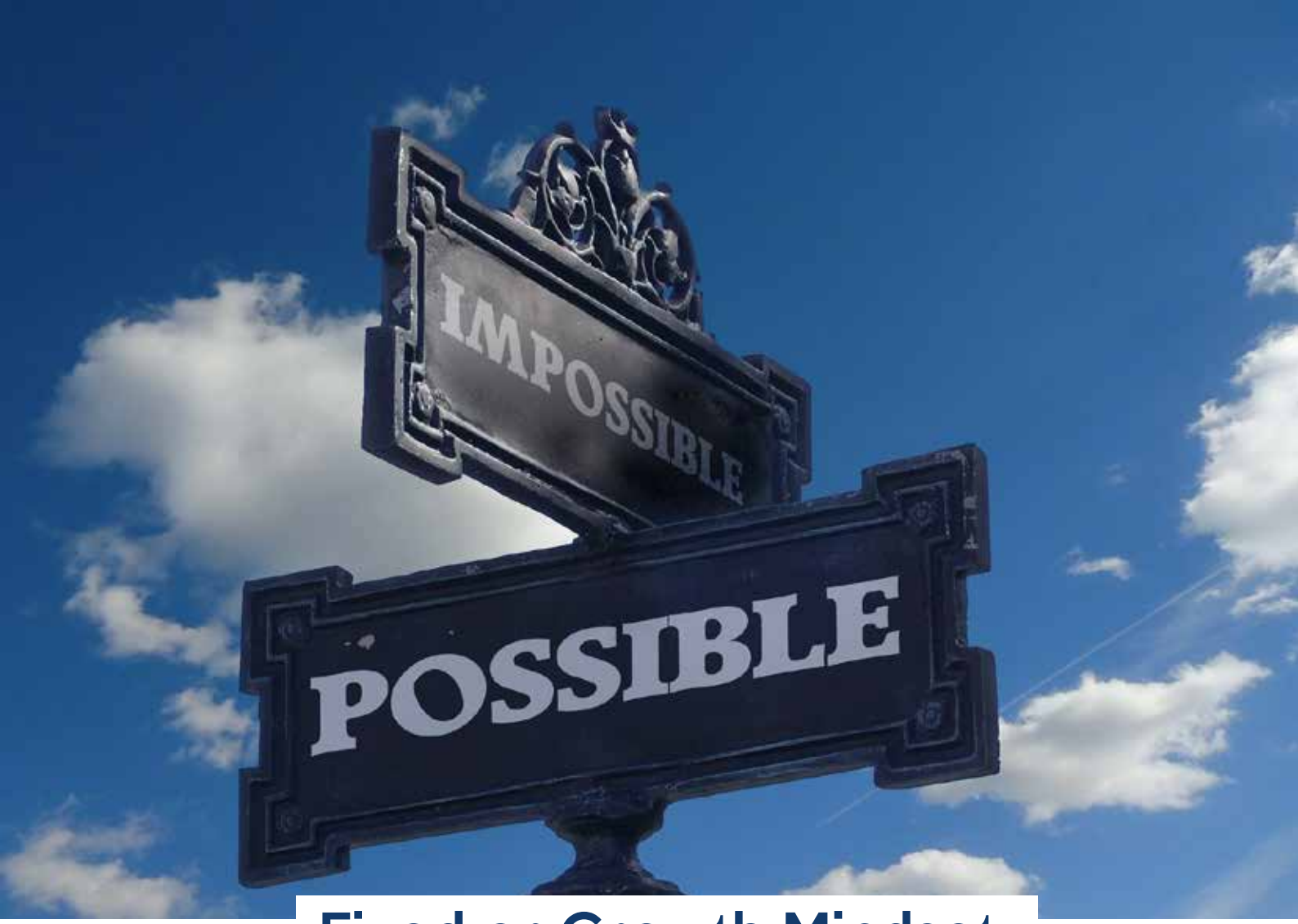
Phishing emails often have unnatural or incorrect grammar and misspellings. Keep an eye out for grammar and spelling mistakes.

If your computer starts doing strange things like being extremely slow when starting it or while using it than the usual time, make sure you ran your anti-virus software and restart it before logging in to your email or social media sites as well as Online banking.

At least once a week read cyber news. Stay up to date on news especially on tech-related news you can just google technology news on google and read about online security and how you can protect yourself. Knowledge is power.

#STAYsafeSTAYhome





Fixed or Growth Mindset

by Yonatan Gena

Whether you're a person of success or a person of failure directly relates to your mindset. And when I say your mindset I'm not talking about a general concept of how you think, but rather on whether you have a fixed or growth based mindset.

These two concepts were first introduced by dr. Carol Dweck. And have been a topic of research by many scholars ever since.

Whenever you find yourself in a situation where you are unable to do something what do you usually tell your self? And be honest, because this is the best way to discover whether you are a kind of person who has a fixed mindset or a person with a growth mindset. People with fixed mindset usually whenever they find them selves in a situation where they fall short they believe that their basic abilities, intelligence, and talents are fixed traits. Meaning they think that they are doomed and can't change that part of their lives forever.

On the other hand, when people with growth mindset are dealt with the similar situation they believe their abilities and intelligence can be developed with effort, learning, and persistence. Which in return will give them a room to grow and succeed.

Dr. Carol Dweck adds "its never to late to change oneself from fixed mindset to growth mindset. All it takes is to become conscious when we're showing a fixed mindset characteristics and actively replacing it with a growth mindset thoughts and words."

ማሳሰቢያ

በኮሮና ቫይረስ በአገራችንም ሆነ በዓለም ዙሪያ ምን ያህል ህዝብ ተያዘ የሚለው መረጃ ፈልገነውም 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 መረጀ 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 መጽሄት 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 THIS FIVE THINGS
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!

- CONSULTANCY
- COUNSELLING
- RESEARCH
- DEVELOPMENT
- TRAINING
- COACHING

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

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