GreenFire
Igniting your Potential

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SOCIAL DISTANCING

by Fasil Getachew

I know we have written many articles on GreenFire on how social media is affecting our lifestyle and we should limit our use. But desperate times call for desperate measures and because of COVID-19 we are advising you to be active on social media rather than socializing in the real world. Now don't get me wrong I am only suggesting this because for most people it might be difficult staying away for a long period of time from friends and colleagues. But remember to be extra careful when socializing on social media. Always imagine that someone is following you around writing down and recording everything you are doing? It's annoying and creepy right! I know way too creepy. So always remember don't post or share something you don't want the whole world to know! The second you share something it's out there forever….

#StaySafe #StayHome

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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 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.
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Thank you

Fasil Getachew
Chief Editor of Green Fire Newsletter



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MOTION

TRUST KEEPS MOTION

Motions' Uniqueness

By Abebe Legesse

Everything in the universe is unique and has its own identity whether it is identified or not. Anything that doesn't identify its identity is like lost Treasure. Anyone who came across it can pick and no one can claim for it or it easily mixes into others with lost property and disappear. Thus, recognizing identity and being known by that identity not only recognizing natural seal but also amplify the beauty of diversity of matter. Usually, identity is Situated deep in the core center of one's existence thus requires close, critical and keen observation not to confuse one with the other based on similarity. Thus, Motion recognizes the following Key aspects as its Uniqueness.

The Name Motion: There is no company named Motion that is engaged in Consultancy, Training and Research activity in the country and also in the world so far. As introduced in the second edition of Green Fire, Motion is about positive change, progress in achievement, about life and life is largely about breathing, about metabolism, about transcendences. Motion has been in Motion over the years and will remain in the envisaged direction.

Research Assisted Services: whether it is large or small in content and extent, research is there to shed light on any dark or blurred corner or a spot of the consultancy and training endeavor in Motion. It is a road map that guides Motion to the aspired direction. Thus, in Motion, everyone is encouraged to be inquisitive minded, solution-oriented and multi-talented.

Versatility in Experts: -Motion believes that the current generation is a limitless generation except for own weakness and time. Thus, encourages experts to be broad minded both for education and experiences while of course not forgetting to be sharp enough in specific areas. Motion also conduct Continuous on job training and coaching to help its manpower always motivated and inspired. Moreover, Motion hunts for and develop data base of highly skilled professional across the country as part of enhancing and safeguarding versatility in its manpower pool.

Strive for Optimization not Maximization: -Motion understood that maximization has minimization in its other end. Maximization moves in a direction of exploitation, by which who is capable suppress those that are not and explicitly works on building a domino effect by which it will be suppressed and surpassed by other latter or sooner. As part of optimization Motions always effort for far reaching and wide covering CSR and promotes Green Business in all its endeavors.

Collaborative Business Strategy: Motion seeks to collaborate with like-minded companies engaged in a similar endeavor. Motion believes in the power of synergy. The foundation of this believes is that everything in this universe is unique and has identity. Thus, cannot have similar interest, except the will to excel than to be excelled, gaining than losing, etc. This can only be achieved

through collaborating and seeking for the positive impact of synergy than competition. Competition only eats trust and respect and leads to hatred and exploitation.

State-of-the-Art and State-of-the-Science Service: Motion opts to give the best of its capacity without linking capacity and quality to who is receiving the service and how much is paid for the service. Thus, always push for state of the art and the science services without being giving bad alternative and may be simpler ways to excel in business in terms of asset accumulation.

Enthusiasm for After Service Follow Ups: Motion's motive is largely to serve others through which it serves its own interest, not vice versa. So, it is enthusiastic to persuade for the impact and progress of the services it delivered. It always remains kin and defend the interest of its client/customer even after termination contracted work. Because of its unreserved effort and maximum concern for others, for all its services Motion has a Money back system in case of service dissatisfaction.

Openness and Accessibility: Motion opts to be available to all who need its Services, both temporally and specially, through physical and Virtual means. Thus, it strives to build correct system that ensures impact and progress for itself and others around it without compromising legality and morality. It builds healthy organizational culture and common-sense based bylaws. Thus, welcomes and accommodate, provide access to all available resources and system to any interested individuals

Others: Motion Values, Strategies, norms, and standards are all other peculiarities of Motion. These peculiarities have shield Motion from being lost and picked by anyone. Moreover, its insulated Motion from mixing with other and disappearing in others.

The What (GF Vol 2), Why (GF Vol 3), Paradigm (GF Vol 4) and Peculiarity (Current Volume) of Motion helped Motion to develop a certain company culture that helped it to practice certain disciplines and ensure the sustenance of the company. GF Vol 6 will dwell on Motions' culture.





ህይወት የነገሮች መደጋገም ውጤት ነች

ተመስገን አብይ (Motivational Speaker)

ተወልጄ ስላደኩበት አካባቢ መለስ ብዬ ሳስብ ከማስታውሳቸው አንዱ የቤት አሰራራችንን ነው። በተለይ በተለይ ከተሰራው ጎጆ ቤት መሃል ላይ የቆመው ምሰሶ እጅግ ይገርመኛል። ምክንያቱም የቤቱን ሚዛን ጠብቆ እንዲጸና የሚያደርገው ምሰሶው ነውና። ምናልባት ሚዛኑን ባይጠብቅና ወደ አንድ አቅጣጫ ቢያዘነብል ቤቱ ይወድቃል ይፈርሳልም።

እኛ ሰዎች እለት ተዕለት የምናደርጋቸው ልማዶቸ አሉን ጥዋት እንኳን ተነስተን ፊታችን የመታጠብ፣ ወደ መጸዳጃ ቤት የመሄድ... ልማዶች አሉን። ሌላው ቢቀር አንድ ሰራተኛ የወር ሂሳቡን ማግኘት የሚችለው በየቀኑ ሰአቱን ጠብቆ ወደስራ ገበታው ሲገባና የስራ ሃላፊነቱን ሲወጣ መሆኑ እርግጥ ነው።

የአንድን ሰው ህይወት ለመረዳት የተወሰኑ ልማዶቹን ማየት በቂ ነው። ለምን ያላችሁ እንደሆነ ከላይ ያነሳነው የጎጆ ቤት ምሰሶ ማለት ልማዶቻችን ይወክላል ብዬ እመልሳለሁ። አንድ ቀን ካየነው ይልቅ ሁለት ሶስት ቀን ያገኘነውን ሰው እናስታውሳለን። መኖሪያ ቤታችንን በደንብ የምናውቀው ደጋግመን ስለሄድንበት ነው። ደጋግመን የምንሰራቸው ነገሮች ልማዶቻችን ይሆናሉ። ልማዶቻችን ደግሞ ህይወታችን ይሰሩታል።

ሰው ያለልማድ ሊኖር አይችልም። አዎንታዊ ወይም አሉታዊ ልማዶች ሁላችንም አዳብረናል። ሆን ብለን አስበንበት አልያም ሁኔታዎች ስለፈቀዱልን። ምናልባት አንድ ሰው ያለልማድ እንኳ ይኖራል ብንል አሰልቺ፣ ቅርጽ አልባና አቅጣጫ ያጣ ህይወት ነው የሚሆነው።

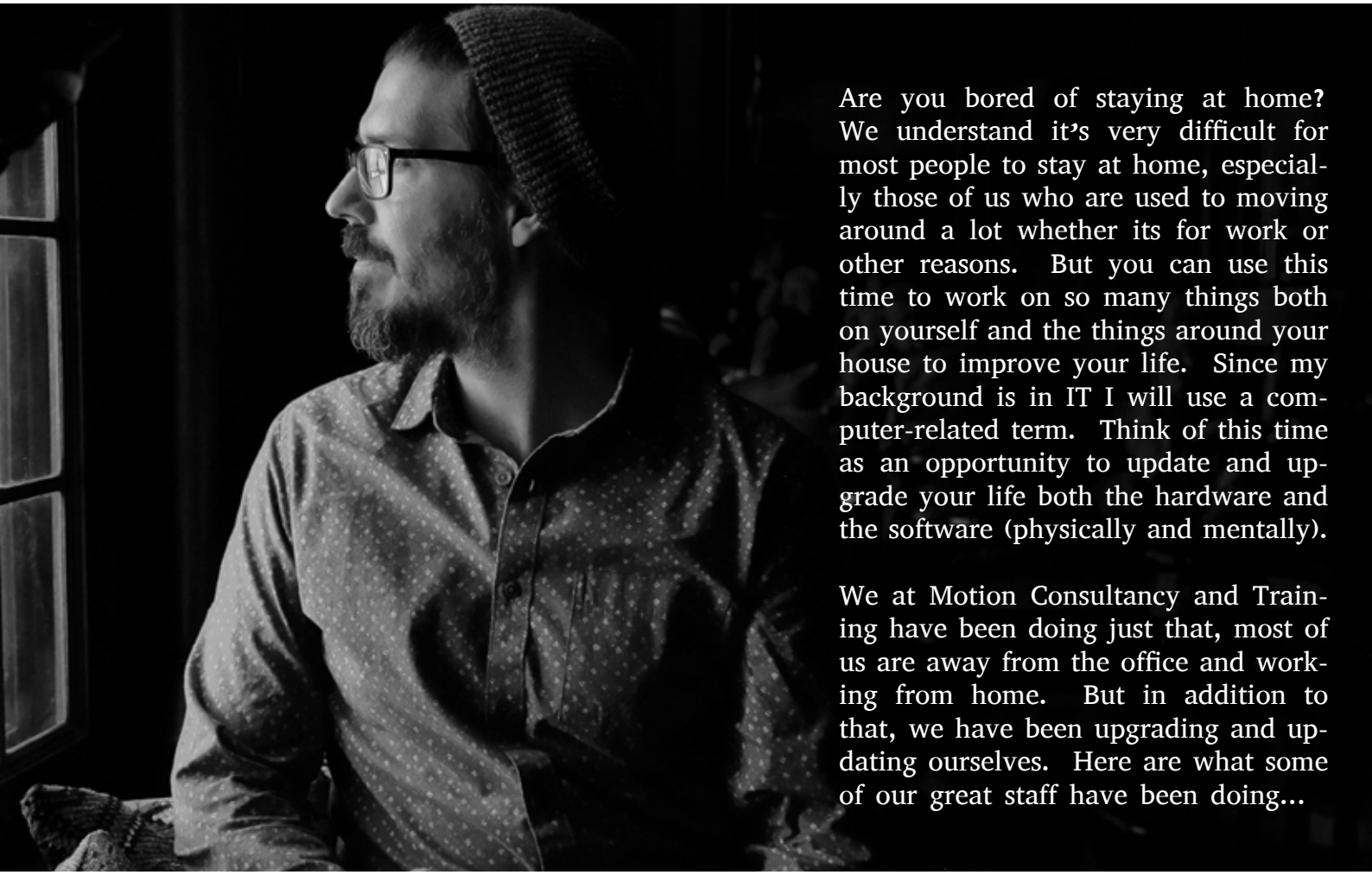
አንድን ነገር ልማድ ለማድረግ ቀላል አይደልም። ጥረትን ይጠይቃል። ከ21 ጊዜ በላይ ሊደጋገም ያስፈልገዋል። በተመሳሳይ አንድን ልማድ ለማፍረስ/ ለመተው ያስቸግራል። ልማድ ሱስ ነው። ቡና ወይም ሻይ የብዙዎቻችን ሱስ ነው።በቀን አንድ ስኒ ፉት ካላልን ሰውንታችን ይዝላል።በበቂ ሁኔታ ማሰብ ያዳግተናል። ግን አስበን እናውቃለን እንዴት ሱስ ሊሆንብን እንደቻለ?

አንድን ነገር ልማድ ካደረግነው በኋላ አስበን ማድረግ እናቆማለን። ሰውነታችን እንዲሁ ይሰራዋል። ለምሳሌ ሃሳቦቻችንን በመልካም ቃላቶች የመግለጽ ልማድ ለማዳበር የተወሰኑ ጊዜያትን ሆነ ብለን እና አስበን እንለማመዳለን። እየቆዩ ልማድ ሲሆን ግን ከመልካም ቃለቶች ውጪ መናገር እጅግ ያዳግተናል። በጥዋት ተነስትን ወደ ስራ ለመሄድ ሀሳብ የሚሆንብን ስራ እንደጀመርን ሰሞን ነበር። አሁን ልማድ ስለሆነ ሊቀሰቅሰን የሚችል የሰአት ደወል ሳንሞላ በሰአት መንቃት እንጀምራለን።

ልማድ የአንድን ሰው ህይወት ያፈርሳሉም ይገነባሉም። መልካም ልማዶች ካሉን መልካም የህይወት ዘይቤ ይኖረናል። በተቃራኒው አሉታዊ ልማዶች ደግሞ እየናዱንና እየገደሉን እንኖራለን። መኖር ከተባለ ልማዶቻችንን እንሰራቸዋለን ከዚያም ይሰሩናል። የህይወታችንን ምሰሶ በጥንቃቄ እንምረጥ።

Are You BORED?

Tired of #STAYING at HOME



Are you bored of staying at home? We understand it's very difficult for most people to stay at home, especially those of us who are used to moving around a lot whether its for work or other reasons. But you can use this time to work on so many things both on yourself and the things around your house to improve your life. Since my background is in IT I will use a computer-related term. Think of this time as an opportunity to update and upgrade your life both the hardware and the software (physically and mentally).

We at Motion Consultancy and Training have been doing just that, most of us are away from the office and working from home. But in addition to that, we have been upgrading and updating ourselves. Here are what some of our great staff have been doing...



Abebe Legesse,
Chief Executive Officer
Motion Consultancy & Training PLC

During this time while I am staying at home, I have been working my job from home along side this I have been self appraising, reading books, following up Online courses, taught my children practical and theoretical lessons. Because of this I am improving my Self and Family understanding, Time management and hand writing skills.



Yonatan Gena
Information Technology Officer
Motion Consultancy and Training PLC.

While I am staying at home I have been organizing different things at my house and this includes cloths, shoes, different home gadgets and other similar items, that have been just laying around. Because of this process I have identified and sorted the actual things that are useful to me and the things that are just occupying my space. Therefore, I organized the things I don't have a need for and planed to give away to those who are in need. Because of this I have been able to prioritize and also able to extend a helping hand.



Rahel Teshale
Front Office Manager
Motion Consultancy and Training PLC.

Since I have been staying home I am learning how to manage my time and make the most of it. I learned staying home doesn't mean you have nothing to do. It rather means you have the time to do everything you have been too busy to do and that is a handful. I am also getting to know myself better and seeing all sides of myself I never did before. By the time we control COVID-19 and things go back to normal, I know I will come out as the imprived version of myself.



Fasil Getachew.
Marketing & Resource Officer
Motion Consultancy and Training PLC.

Since I am a man of many trades, I have been working on different projects each day of the week along side my duties for Motion. Beside Marketing, I have a woodwork shop at home which i have been using to make furnitures and things for my own use as well as clients. I have also been designing websites as well as record podcast's and edit documentary films for various individuals and organizations. I have been able to catch up on almost all of the projects i had started earlier.

OK, now you have read what some of our Employees are doing during this time while staying home. Here are some suggestions to keep you active.

- **Learn a new language** (YouTube is a great place to start)
- **Update your CV and professional Social media accounts** like linked-in
- **Write a novel** (whether its fiction or true story write it down)
- **Exercise jog or push-ups** (remember social distancing)
- **Do some gardening** (plant some flowers or vegetable if you have a pot or space)
- **Learn to code** (its easy to learn programing all you need is time and Internet connection)
- **Watch documentaries** (there are over 100 thousand documentaries you can watch on youtube)
- **Fix things around the house** (simple things and be extra careful)



FUNNY WARNING LABELS FOUND ON SOME PRODUCTS

BY Fasil Getachew

May be it's meant to be funny or the legal team of this companies think it's necessary because they think their customer's are not smart enough to know what seems to be common sense. But either way they are real, and have a laugh while reading them.

1. When agreeing to the Terms & Conditions for **iTunes**, you are agreeing to not use it to make nuclear weapons. The clause states, **"You also agree that you will not use these products for....the development, design, manufacture, or production of nuclear, missile, or chemical or biological weapons."**

2. Apple has a "smoking" ban on their computers, meaning **if you smoke while using any Apple computer, the warranty becomes void.**

3. Apple iPod Shuffle small screen less mp3 music player the agreement reads **Do NOT eat Apple iPod Shuffle**

3. On a **children's age 2-6 cold and cough medicine** there is a warning on the box that says **Do Not operate a vehicle or heavy machinery after taking this medication.**

4. On a **vehicle Motor Oil** container the warning reads **Do NOT drink! the profuct inside this container is only intended to be used for motor Vehicles!**

5. On a door of an **Automatic cloth washing machine** the label reads **Do NOT place a person inside the machine. The machine rotates at a very high speed!**

6. On **Infant fold-able Bed** (a bed for new born that folds andcan be used for traveling, The warning states **"MAKE SURE YOU REMOVE THE CHILD BEFORE FOLDING AND PUTTING THE BED AWAY"**

7. On a **t-shirt** for children under the age of 2 years old. The washing instruction on the back of the t-shirt says. **Remove the child before washing it in a cold water.**

8. On a **manual of 50" Sharp TV** the disclaimer on page one says **Do NOT pour on or soak the TV in a liquid!**

9. On a manual of **Sony Ericsson's mobile phone** from 1998 about the use of text messages it says **Do Not write bad words and send them using this device. That is not why this feature is intended for.** *(Good old days)*

10. On the back of **Fujitsu brand Television remote control** from the early 2000's it reads **This device is not Dish washer safe!**

I know most of this seem like a joke, but they were all real in fact if you do an image search on Google you can find most of this labels



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

PSOF PUBLIC SPEAKING & OVERCOMING FEAR TRAINING

MOTION

የስልጠናው አዘጋጅ
ሞሽን ኮንሰልታንሲ ኤንድ ትሬኒንግ
አሰልጣኝ
አቶ ብርሃኑ ራቦ

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 ቢሆነም 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 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



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