

## Livsglede gjennom arbeid



Who  
made  
my  
clothes?

Training-session:  
How to motivate for  
change?

## Pro and con:

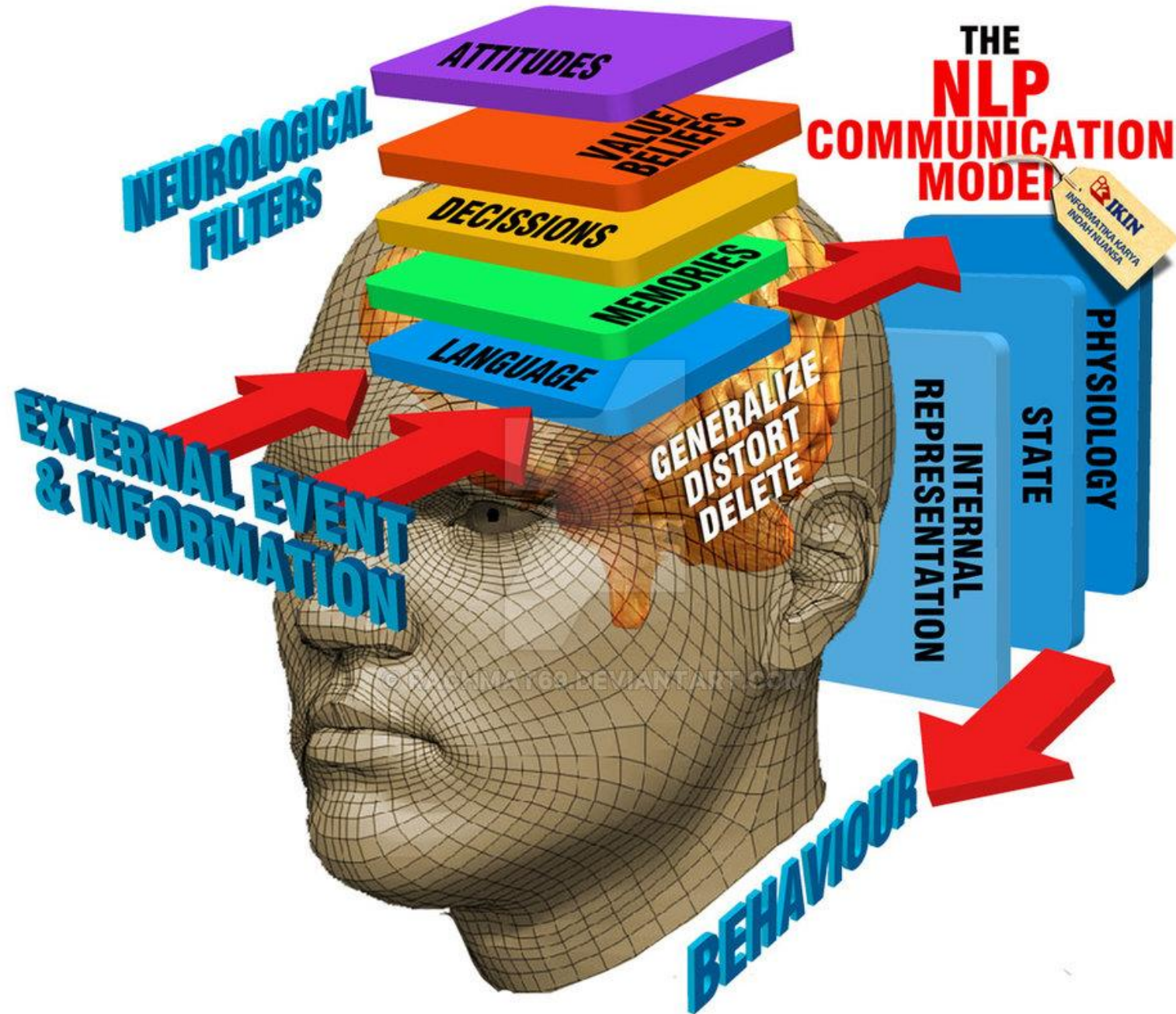
WILL

DO

What WILL happen if you DO prepare for change?

DON'T

What WILL happen if you DON'T prepare for change?



Positive

Personal responsibility

Specific

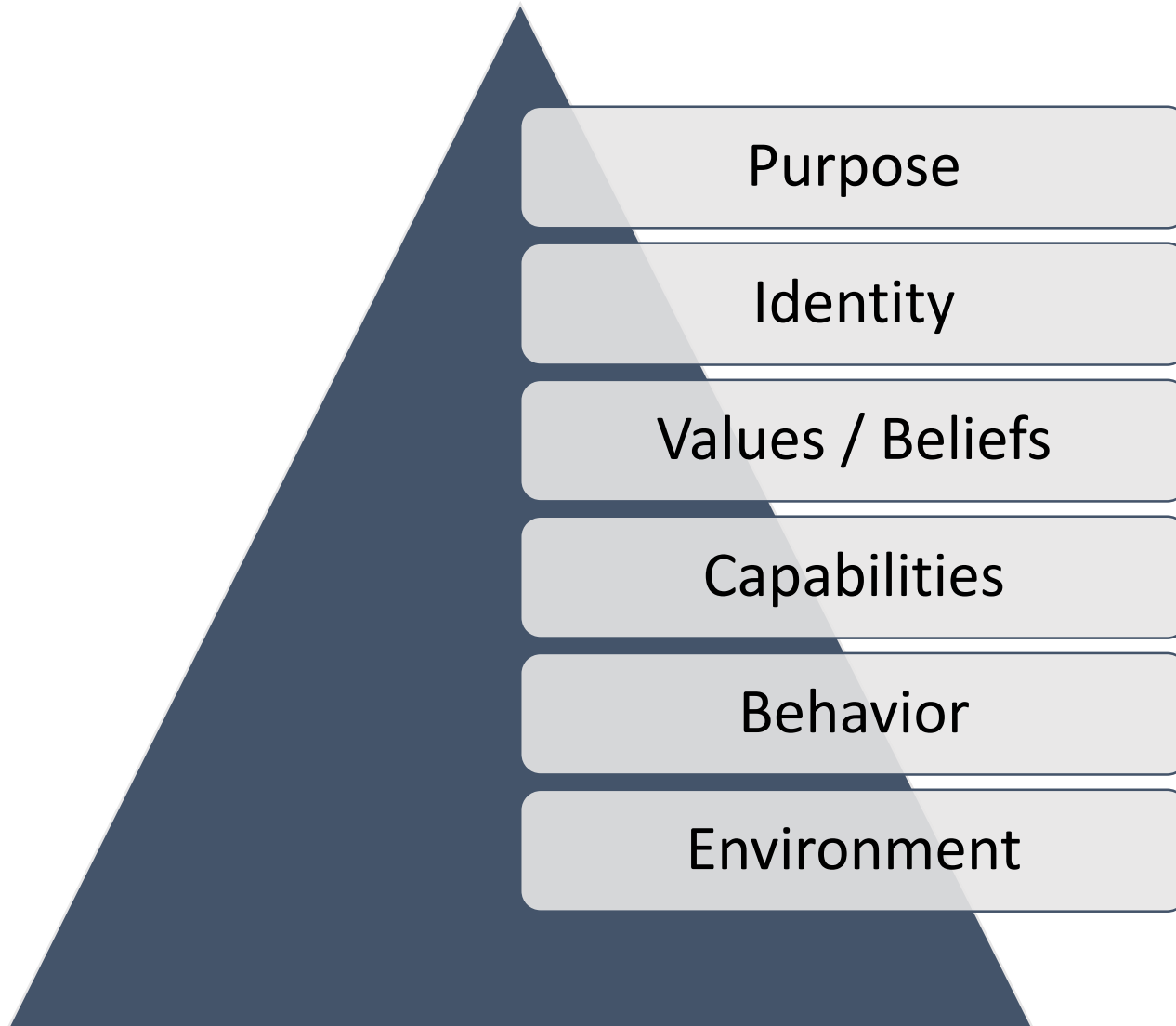
Measurable

Attractive

Realistic

Time-bound

Ecology



How do you affect people around you?  
What purpose does it serve for you?

What does it say about you, that you can communicate in norwegian?  
Who can you identify with?

What is important for you at this stage?  
What do you believe in?

What do you know now, that you didn't know before? What skills do you use?

What is a typical thing you do?

Where are you, and who are you with?

## Your values at work- and i life:

- List 5 or 6 things that are important for you in your daily work- that you cannot do without. Write each word on a seperate peace of paper.
- Range these values (follow the instructions from the trainer)
- Do a check- if you have set your values in the «right» order (turn your back)
- Evaluate if you have full redemption (0-100%) of what is important for you?  
If not: what **can you do** to get what you want?





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*Livsglede gjennom arbeid*