



Erasmus+

ȘCOALA GIMNAZIALĂ „MIRON CRISTEA”  
TOPLIȚA, HARGHITA, ROMÂNIA



With the support of the  
Erasmus+ Programme  
of the European Union

***ENTREPRENEURIAL SKILLS AND  
COMPETENCES***

***ESPIRITS***

***Nb. 2020-1-FR01-KA229-080542\_2***

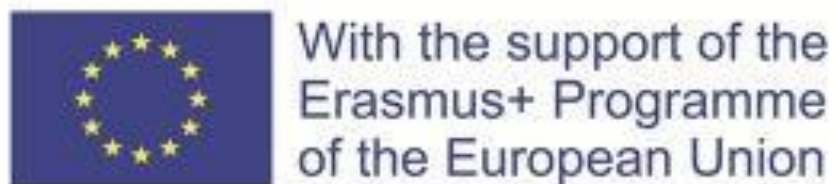
**Topic of the meeting:**

***ENTREPRENEURIAL SKILLS AND  
COMPETENCES***



## PARTNER SCHOOLS

1. LYCEE DES METIERS VUE BELLE – FRANCE (Reunion)
2. Institut de Viladecans –SPAIN (Barcelona)
3. Kemalpaşa Ferizent Bulum Anadolu Lisesi – TURKEY (IZMIR)
4. Școala Gimnazială „Miron Cristea” – ROMANIA (Toplița)







# What is self motivation?

Miru



MOTIVATION

- **You are self motivated when you only care about the results and good things, without being stopped by the bad things that get in your way of completing your dreams.**

# How does self-motivation help you in your business?

Andrei

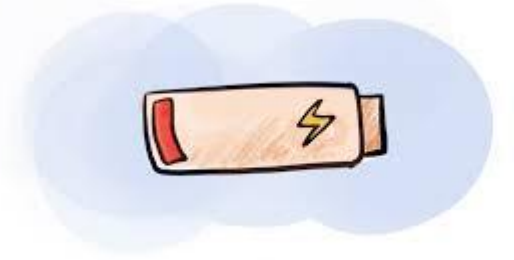


- It provides hope and clarity when circumstances become hard and discouraging. Entrepreneurial motivation, then, is fundamental in someone's decision to embark on the journey of creating a business. People will take you as example when they see your motivation and that will help you in an easier succes.

# What happens if you are not motivated?

Alin

- A lack of motivation is a common symptom of depression. It can also be linked to other mental illnesses, like anxiety. So it's important to consider whether your mental health may be affecting your motivation level



# How to be motivated?

Alexia

- Here are a few ways to get motivated:
- Surround yourself with positive people;
- Arrive at work in a good mood;
- Manage your energy and time;
- Spend time with friends;
- Do refreshing activities.

*your only  
LIMIT is  
you*

# Surround yourself with positive people

Alexandra

- Rather, it means that you should surround yourself with happy individuals who motivate you to become better and to believe in the importance of positivity. They are actively cheering you on in your efforts to maintain sobriety. They're lending emotional support as you cry about your struggles





# Arrive at work in a good mood

Miru

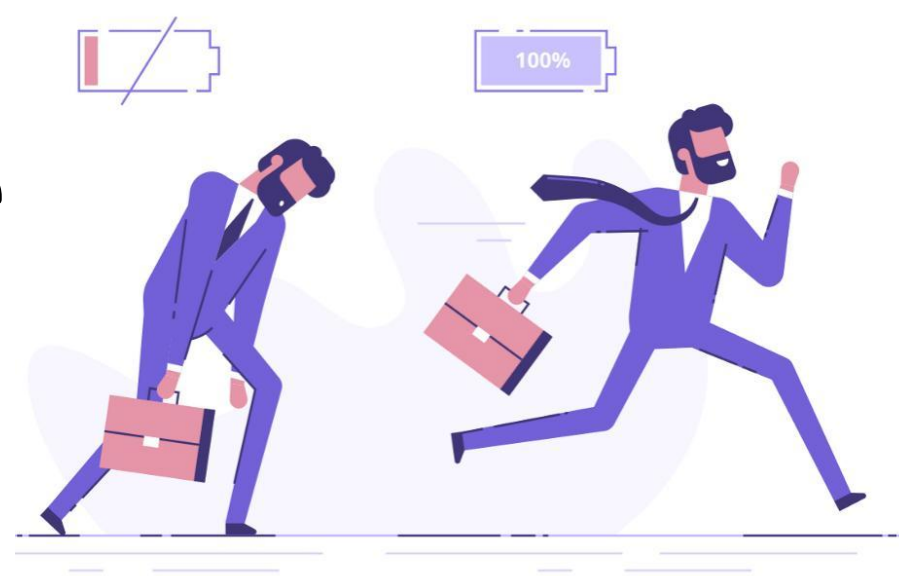


- When people are in a good mood on a given day, they're more likely to have creative ideas that day, as well as the next day, even if we take into account their mood that next day. If your productivity depends on being able to come up with new ideas, you need to be happy at work

# Manage your energy and time

Andrei

- Good time management skills help you manage your energy and productivity levels. One of the most important benefits of time management is greater energy. Increased energy helps you focus on your most important work



# Spend time with friends

Alin

- Friends prevent isolation and loneliness and give you a chance to offer needed companionship, too. Friends can also: Increase your sense of belonging and purpose. Boost your happiness and reduce your stress.



# Do refreshing activities

Alexia

- Do refresh your mind and body, it is the best to get a free time and do things that you like and avoid social media, stress and work.
- We will give you example of some refreshing activities with our workshops today !

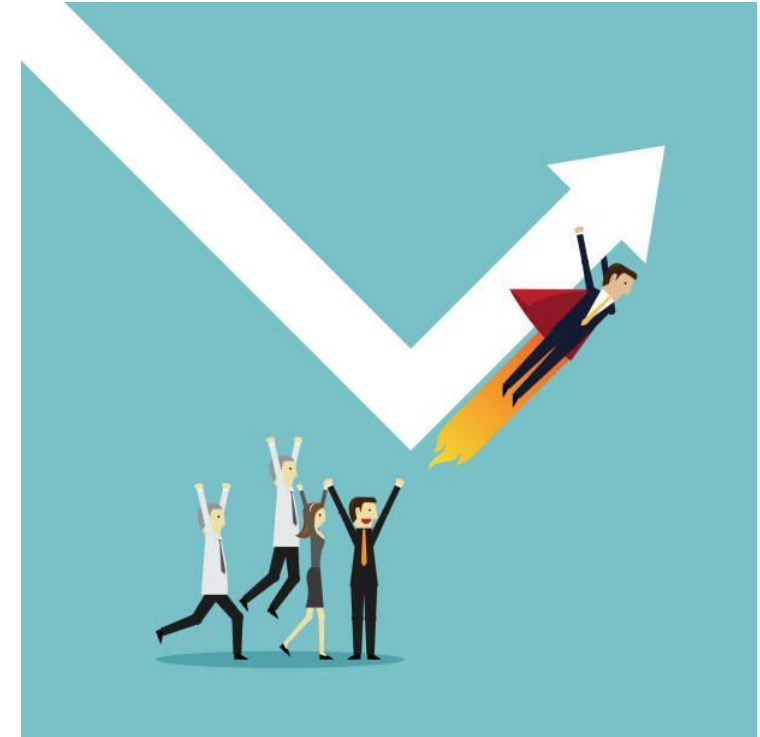




# In conclusion

Alexandra

- In conclusion, I would say that self-motivation will always lead a person to success provided that they stay committed after being motivated. It is similar to a superpower that allows you to get through all the obstacles that come in your trip to the end of your dreams.





# THANK YOU FOR LISTENING!

Clonoschi Alexia  
Șipoș Alexandra  
Platon Andrei  
Voșloban Alin  
Vâlcan Miruna