

The Ecotourism Society of Seychelles



*For the Community & by the Community
The Process....*

“Turning Possibilities into Realities”

2012 “STRIVING FOR OUR SEYCHELLES”

Rio + 20: The Future we want: The Promise

“Working Hard at Working Smart” (part II)

Success through Self-Motivation

Self-Motivation is the No.1 key
to your success or lack of it.

Should you have it right...
everything else falls into place.

Your values: - your health, your
happiness, your finances, your
love life, your family, your peace
of mind, your goals, and more...

And our Seychelles will surely
succeed and prosper.

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“A man who does not think for himself does not think at all”.

Oscar Wilde

MOTIVATION BUILDING MEASURES

“WHERE THERE IS NO STRUGGLE THERE IS NO STRENGTH”
OPRAH WINFREY

Awareness and Action

Sharing of knowledge

Self-Motivation gets stronger as you exercise it.

The briefings are to provide us with down-to-earth ideas and techniques in our endless quest to further develop the important value of self-motivation in solving more problems, obstacles and life's challenges. They are to assist us in achieving more goals, desires and dreams whereby eliminating the need for incentives, instant gratification, even threats or fear to take action.

Keys to Success ... Work Hard at Working Smart

by Roy Primm @ <http://biznik.com>

I've heard two schools of thought when it comes to achieving maximum success in a minimum of time. The first school says to work hard, long hours. You know, nose to the grindstone and burning the midnight oil. I've heard many people say that is the only sure way to achieve lasting success.

The other school of thought says to work smart - not hard. The work smart philosophy says "less is better." Delegate, use other people's time, money,

and hands as much as you can. They say this is the quickest way to success.

I must admit they both have their benefits and their limits. Through experience I've discovered the best way to achieve maximum success in a minimum of time is to **work hard at working smart!**

Yes, working hard at working smart will give you the best of both worlds - without the limits each one has by itself.

Here are 7 quick and easy ways to help you work hard at working smart everyday. Brace yourself for some exciting changes, opportunities and discoveries as you apply them.

1. Work hard at being more adaptable to changes.

Remember every change that comes your way gives you an opportunity to move ahead of those that won't or can't adapt to sudden change.

2. Work hard at looking for shortcuts in everything you do.

Always be alert to easier, more efficient ways of doing your routine task. Can you cut out, reduce, speed-up or combine steps - without sacrificing effectiveness?

3. Work hard at planning ahead as much as possible.

The best chess players always think one move ahead. You should always try to do the same. Prepare yourself mentally before you act physically. This alone will help you avoid wasting time and making costly mistakes.

4. Work hard at finding working hard at working smart role models.

Always be on the look-out for people who work hard at working smart. Here's a hint; they'll usually be the people who get more done in less time and with fewer resources than others.

5. Work hard at learning quickly from your mistakes and the mistakes of others.

You're smart if you can learn from your mistakes, you're intelligent if you can learn from others mistakes - but you're wise if you can do both.

6. Work hard at finding ways to wisely multitask.

What's most important about multitasking (doing 2 or more things at once)? Is knowing when to multitask and when not to.

Routine task should be multitasked. Detailed, risky, and dangerous projects should not be.

7. Work hard at keeping current on the latest technology related to your task.

Allow technology to help you work harder at working smarter.

Whatever your task, a gadget, software program or tool exist that can help you do it more efficiently.

It is my hope that these 7 tips will inspire you to think of more ways you can work hard at working smart. The benefits and satisfaction will be well worth your time and effort.

Rio + 20 : The future we want
The Promise: The Force Beyond

The St Joseph Coastal Protection project

It will be recalled and noted that in its newsletter No. 16 of 14th September 2011, pertaining to the successful completion of the Anse Royale Coastal Protection Project, a solemn Promise was made for us to as a Nation complete the total rehabilitation of the coastline in question, whereby also ensuring the durability of the St Joseph Catholic Church, this universal symbol of hard work, fathers and carpenters, in itself a national monument...now under continuous jeopardy due to man-made disasters.

Over the past four months or so, TESS has been relentless in its quest in having the related project memorandum formulated and approved by all parties concerned in enabling us as a Community to contribute the maximum possible for the speedy realization of this noble endeavour aimed at enhancing further our social, moral and spiritual values. It is now much regretted that progress has been very slow at best...whereby we are now doubtful that we will be able to meet the May Day 2012 deadline, before the 2012 South East Monsoon, ...unless we pull ourselves together.

And with the 2012 National call for us to strive harder and smarter, it is appropriate, fitting and we are now confident that your unconditional co-operation and support for this Mission will serve towards the strengthening of our ongoing motivational endeavours for the benefit of our beloved country and our beautiful people.

Our sincere thanks and appreciation for your continued contribution towards this symbolic action in this direction are always in order. Thus, let us do it now, for the love of our Seychelles.



Eco Lodge Kot Man-Ya

A new Seychelles secret, Eco Lodge Kot Man-Ya a two bedroom tropical bungalow, nestling in the middle of Kot Man-Ya gardens, 2 acres of floral delight.

The Eco Lodge is barely visible amongst the giant foliage. A green and oxygen rich environment, healthy "stress free" living, just what the doctor ordered.

For more information, and reservation please contact Keven Tolfree or Winselle Marengo-Tolfree, email: [kevin@tolfree@yahoo.co.uk] or [winselle@gmail.com] -Tel: (248) 2599839 / 4371190