

Vera Margarida Cunha

IGNITE Formadores

@ FORMA-TE

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irm

**Não és o que TENS,
és o que DÁS.**



S SERVIÇO



E EMPATIA



R RELAÇÃO

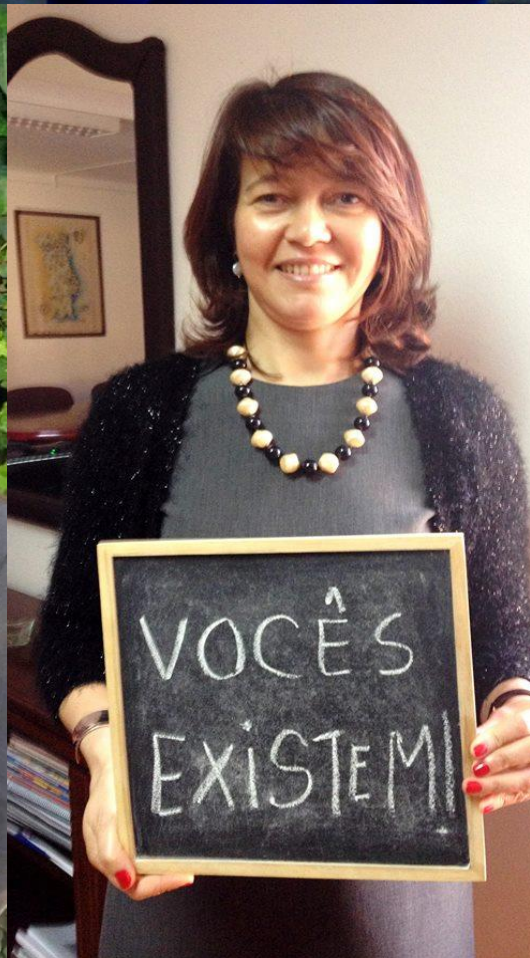


SER

FORMADOR

SER







25 + 1 Desafios Felizes

Dia 21:
Lembra-te de dizer "OBRIGADO"!

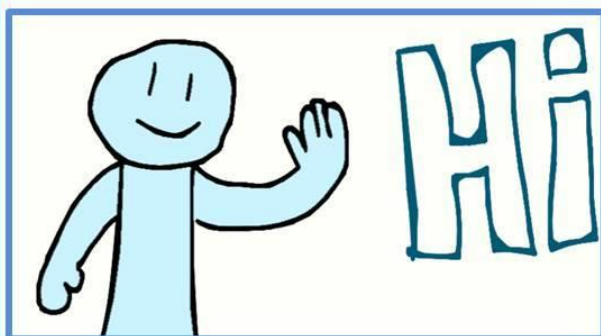


"Many people think that if they were only in some other place, or had some other job, they would be happy. Well, that is doubtful. So get as much happiness out of what you are doing as you can and don't put off being happy until some future date."

Dale Carnegie

25 + 1 Desafios Felizes

Dia 12:
Cumprimenta as pessoas usando os seus nomes!



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Dia 20:
Dedica uma música no facebook a alguém!



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Dia 1:
Sorri +
para todas as pessoas!
O sorriso é contagioso!



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Dale Carnegie

**"Eu não preciso de ti.
Tu não precisas de mim.
Mas, se tu me cativares, e se eu te cativar...
Ambos precisaremos, um do outro."**

Antoine de Saint-Exupéry



Be to Be

Back to Basics

