

MANISA NIHAL AKÇURA OTELCİLİK VE TURİZM MESLEK LİSESİ
MANISA
TURKEY



WHY NOT TRY? / IT WOULD BE A GOOD IDEA TO ...

- First of all the problem must be acknowledged by the both sides,. And then some training courses can held in the company in order to make the employee productive and psychologically relax.
- All the workers should be ready and willing for working in order to be successful in their working life.
- Workers should be supported at home mentally by the family members. Here is necessary a family training as well.
- Pre-retirement people should be motivated by their bosses and also by the people around for getting rid of negative emotions and depressions.
- Physically; we can recommend them some activities in their free time, such as; trekking, social activities, and regularly walking every day. So they will forget their exhaustion and stress.
- They can use some computing programmes which are chosen from amusing ones for complementing their knowledge at home after work.

NECESSARY CONDITIONS: MATERIAL / PLACE / TIME

Materials, projection for presentations, Sport equipment for their daily sport, computer and computer programs in order to complementing their knowledge.

Place; Training courses can held in the company, supporting mentally at home and outside. Motivation in the company and outside. Activities in the open air. Improving their carier at home.

Time:All our suggestions can be done after work in the week days and some also possible to do in any time of the day at the weekends.

POSSIBLE OBSTACLES

- Bosses may not be eager to organise some training courses.
- Family members cannot be well enough to support them.
- Weather conditions may prevent them do some openair activities during the winter time.
- It may not be easy to use or find computing programmes.

ILLUSTRATION



motivatisation by the boss



walking



computing programmes



training courses