

Q28

1. Piano, programma, progetto. Distinguere e argomentare la distinzione.
2. la valutazione multidimensionale dei bisogni
3. When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love. Marcus Aurelius

Below are seven activities you can choose from to create a morning routine to care for yourself so that you can be there for your clients.

3. Visualize

If meditation doesn't thrill you, consider visualization. It has real world applications and is used by many athletes to prepare for big events. For example, if you know that your day is going to be stressful (filled with meetings, testifying in court, and so forth), visualize the day with the outcomes that you would like.

Why?

Visualizing positive outcomes cements them in your mind, helping you become more confident and less stressed. If you're really concerned about upcoming events, visualize multiple scenarios to prepare for various outcomes. For example, if you know that an upcoming meeting's purpose is to discuss a new initiative and your co-worker who disagrees with the initiative will be there, visualize a variety of responses to that co-worker's arguments.

4. Qual è la differenza tra un rete interna e una esterna? Quale affermazione è errata?  
Quella interna collega solo i pc dell'azienda  
Quella interna collega tutti i computer interni ed esterni  
La rete esterna non comprende i computer aziendali
5. Quale di queste estensioni non indica un file di testo?  
JPG  
TXT  
DOC