

PUBlico Manifesto

1. We fight (Expose/ Oppose / Make Fun Of / Inform & Educate) against all contemporary excesses:

- Aggressive churlishness and bad taste
- The “smart” digital frenzy and the “vulnerable loneliness” of social networks.
- Overtime, overload and burnout syndrome
- Absurd forms or without substance: ass-kissing, nepotism, “mafiozi si ametzite”, deception, rudeness and bad manners, overpayment /underpayment etc
- In general, any form of abuse/exploitation/manipulation of man over man

2. Promote and nurture a healthy balance between professional life and personal life

3. Feed your body

- Exercise constantly
- Eat and sleep well
- Laugh often

4. Feed your mind

- Be a constant learner

5. Feed your heart

- Nurture meaningful relationships
- Be generous and altruist
- Be less judgmental

6. Feed your spirit

- Serve and Contribute
- Make a difference
- Respect yourself and others

7. Live with integrity

- Be honest, loyal and authentic
- Finish what you commit to

8. Play

- Take care of your inner child.
- Be ludic and ingenuous

9. Stand up for those who can't

- One for all and all for one.
- Shun ignorance and combat indifference.

10. Live your dream and inspire others to live theirs

- Be „entrepreneurial” (in business life or at work)

Manifestul PUBLICO

1. Luptam impotriva tuturor exceselor contemporane:

- Mitocania agresiva si prostul gust
- Frenesia digitala “smart” si “singuratatea volubila” a retelelor de socializare
- Orele suplimentare la munca absurde (overtime), supraincercarea (overload) si epuizarea psihica (burn-out-ul)
- Forme absurde sau fara fond: pupincurismul, nepotismul, “mafiozi si ametzite”, impostura, toparlanismul, supra-plata/sub-plata etc
- In general, orice forma de exploatare/abuz/manipulare a omului de catre om

2. Promovam si cultivam un echilibru sanatos intre viata profesionala si viata personala.

3. Hraneste-ti corpul

- Fa exercitii constant
- Mananca si dormi bine
- Razi des

4. Hraneste-ti mintea

- Fii curios si invata constant

5. Hraneste-ti inima

- Cultiva relatii semnificative
- Fii generos si altruist
- Judeca-i pe ceilalti mai putin (aspru)

6. Hraneste-ti spiritul

- Ajuta si contribuie
- Fa o diferenta
- Respecta-te si respecta-i pe ceilalti

7. Traieste cu integritate

- Fii onest, loial si autentic
- Du la bun sfarsit ceea ce iti asumi

8. Joaca-te

- Ai grija de copilul interior
- Fii ludic si ingenuu

9. Ajuta-i pe cei care nu se pot ajuta singuri

- Unul pentru toti si toti pentru unul
- Evita ignoranta si combate indiferenta

10. Traieste-ti visul si inspira-i si pe altii sa si-l traiasca pe al lor

- Fii „antreprenorial” in viata si la munca

