

# Time, Culture & Wellbeing

## Anthropological Talk for Companies

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### CONTENTS

#### 1 Culture in your organization /

Anthropological diagnosis of cultures in your organization.  
How to integrate communication, planning, and management.

#### 2 Time management /

Time policies in your daily life.  
How to design agendas for managing the future.

#### 3 Wellbeing /

Synchronization of family and work rhythms.  
How to balance productivity, and well-being.



### GUIDING INSIGHTS

What phrase best defines your company's culture today?  
What values express your work style?  
How do you experience time in your personal and professional life?  
What daily balance between productivity and well-being do you envision?

### DIALOGUE TRIGGERS

Company culture isn't just about tracking hours and setting goals.  
It's about understanding the meaning of work for each person and its impact on their daily life.  
Organizational culture can be changed by integrating time management into well-being.  
We can enjoy ourselves and have fun while being efficient and productive.

### PROPOSAL

**Talk duration:** 60 minutes.

**Segments:** 40 minutes presentation, 10 minutes Q&A, 10 minutes discussion and conclusions.

**Fee:** To be agreed upon

### PROFILE

**Anthropologist (PhD) / Time Specialist**

**Writer** / 6 Books + 20 Academic Articles / Media Columnist

**Speaker** / TEDx / Talks in Latin America, Europe, China, Dubai

**Consultant** / Persons / Companies / Organizations

