



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

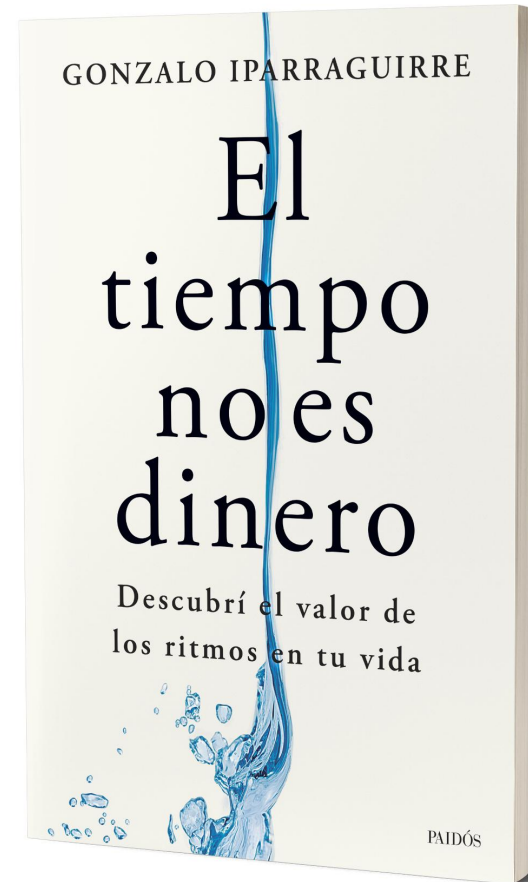
40 minutes presentation

10 minutes Q&A

10 minutes open discussion and conclusions

Fee

To be agree upon





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