



Circadian
rhythm



STAGE OF
WAKE
FULNESS

Active
Alert
Focused
Relaxed
Sleepy
Awake
R.E.M.
Stage 1
St

STAGE OF
SLEEP

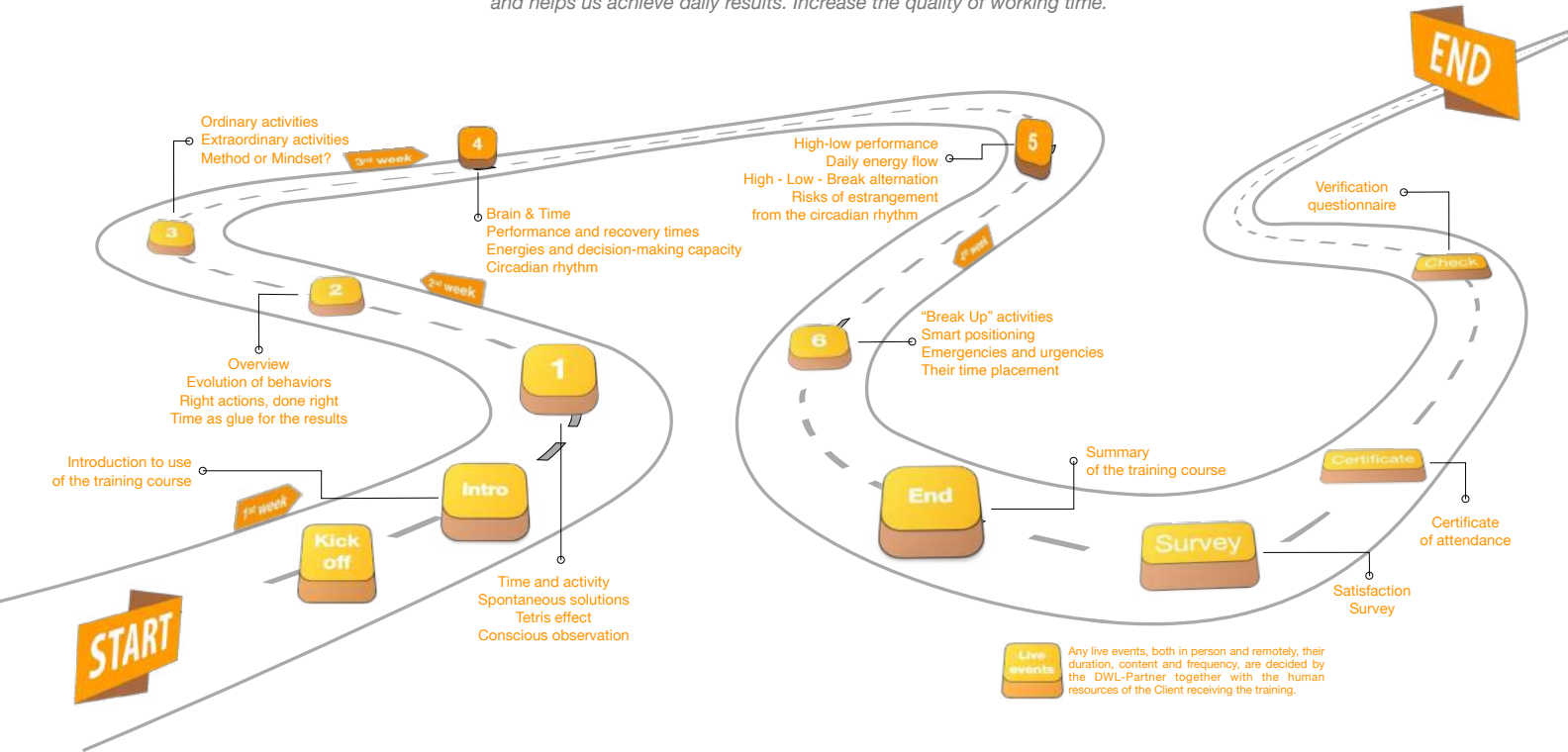
Results

Good time

Good time


Any role

*Have time management skills that are compatible with our energy levels
and helps us achieve daily results. Increase the quality of working time.*



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JUST A PDF**



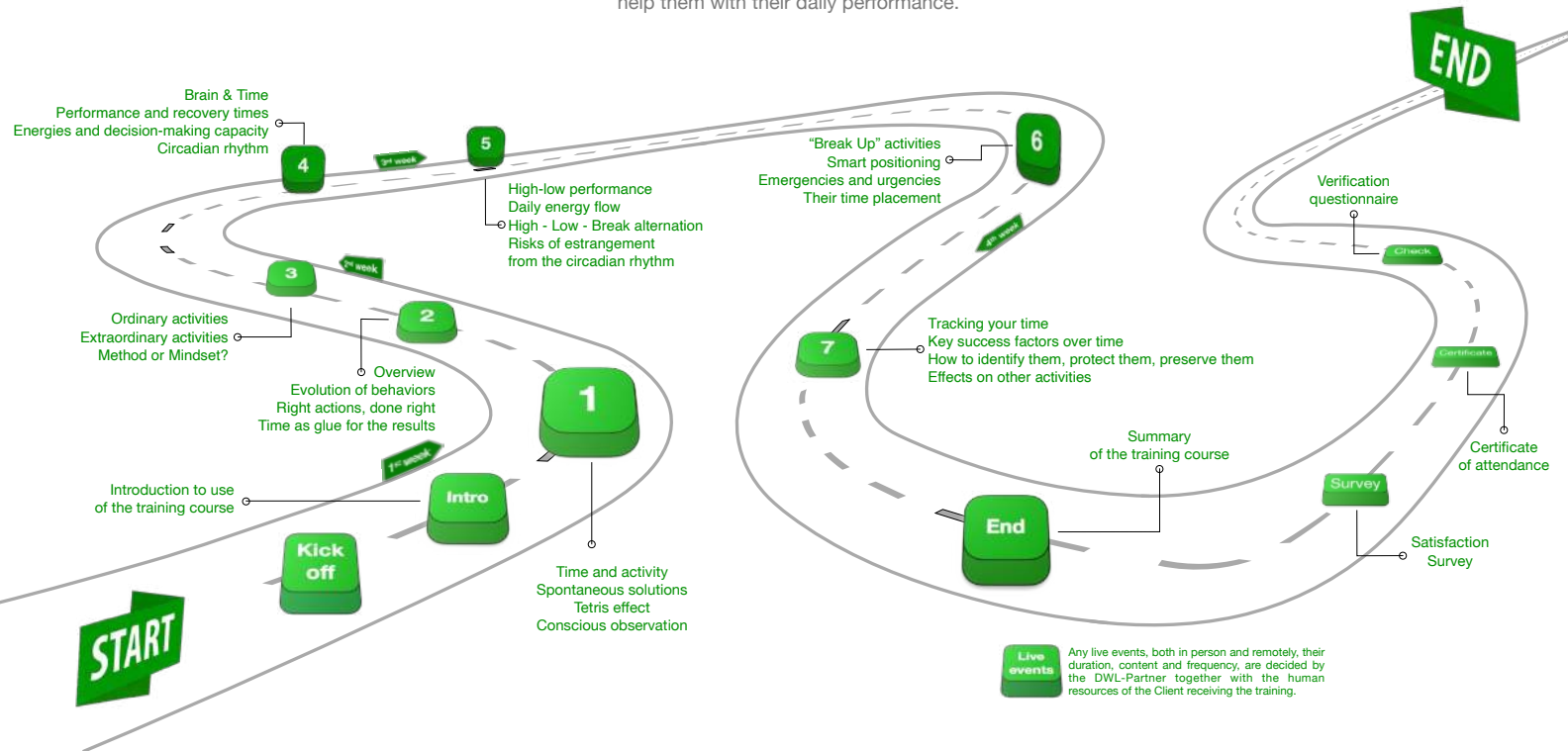
passing over some buttons,
the arrow  becomes a hand

**by clicking, you will have access
to videos and documentation**

Good time


Intermediate

Help your team become more aware of deadlines and help them with their daily performance.



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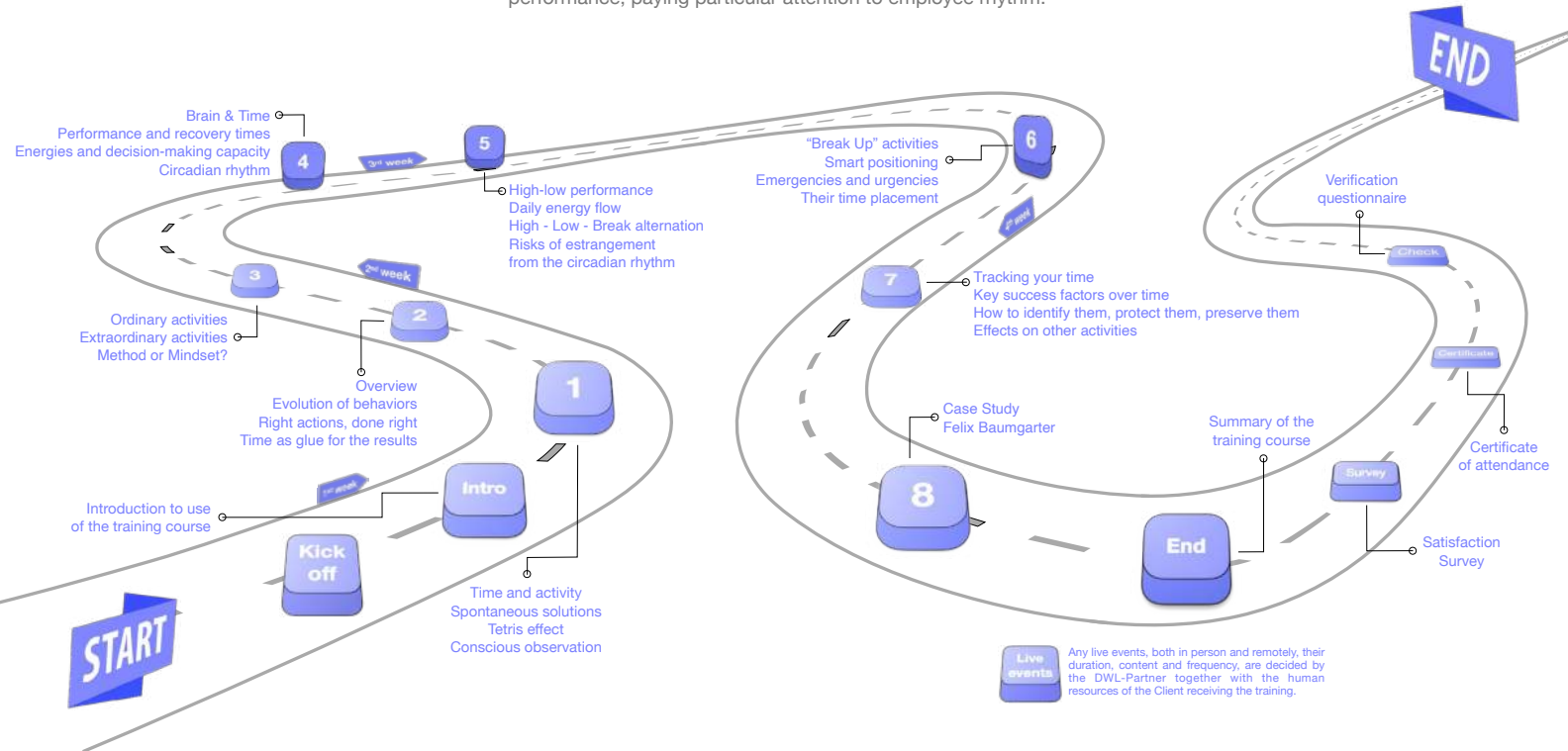


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Good time Manager

Help your team become more sensitive to deadlines and help their daily performance, paying particular attention to employee rhythm.



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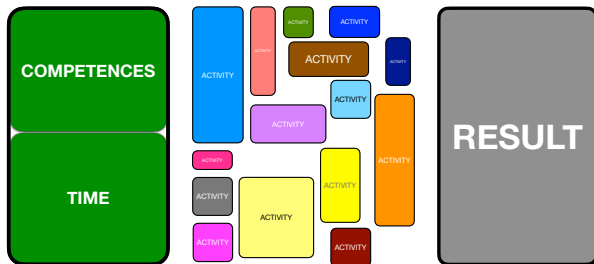


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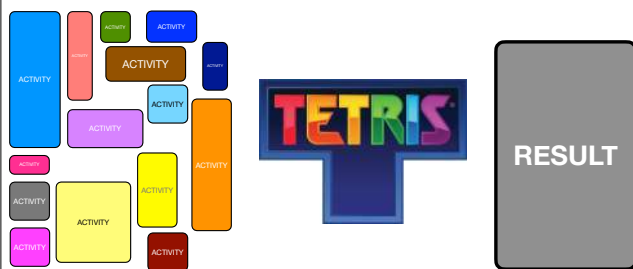
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Time & Activities

It's not always easy to manage your time.



Thanks to our skills, used over a defined amount of time, we can produce the agreed-upon result. We do this by carrying out different tasks, differing in importance, commitment and amount of time needed.



It resembles a game, born a long time ago, still in vogue today: Tetris.



With the Minneapolis case study, we saw how much behaviors affect outcome ...



... How important it is to have a general vision, knowing how to adapt our actions, and having our time as a compass.

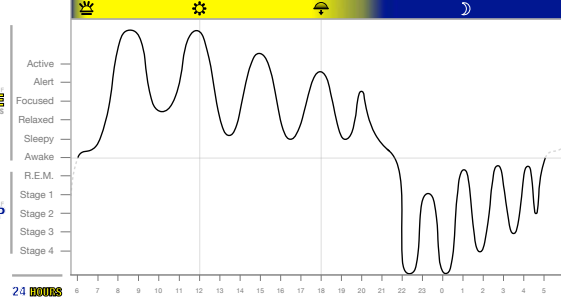
 **EMERGENCY**

ESTIMATE of the lead times

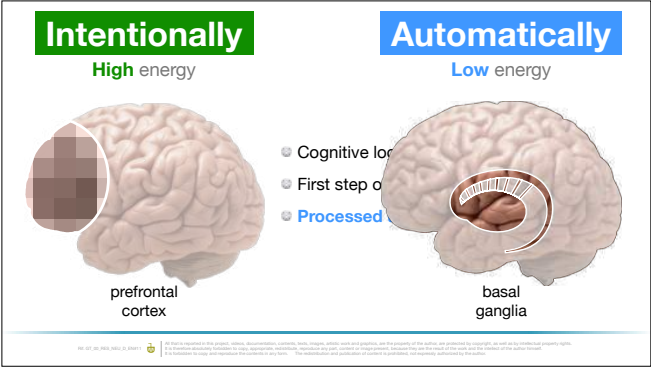
- Competence 1
- Competence 2
- Competence 3
- Competence ...



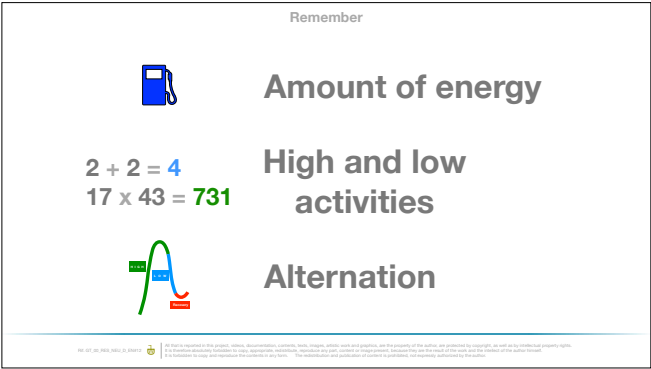
Circadian rhythm



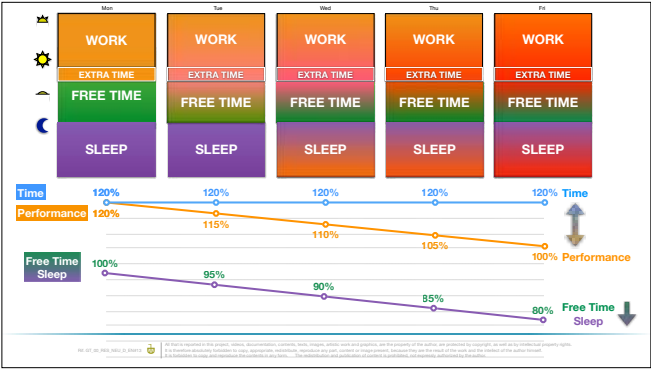
... and how to accommodate it with the help of the circadian rhythm.



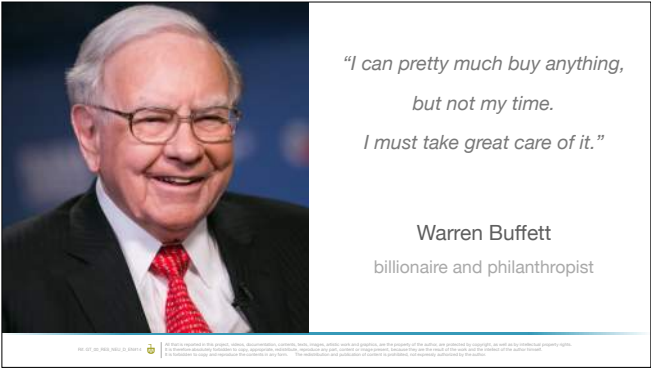
We know how to distinguish intentional activities from automatic ones ...



... knowing how to alternate between them in the proper way.



We understand what the consequences of not knowing how to manage our time may be.



Warren Buffett, famous American billionaire and philanthropist, said during an interview: "I can practically buy anything, but not my time. I have to take extremely good care of it."



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