



□ *What is “Time Management?”* • *Greater productivity and efficiency.* • *A better professional reputation.* • *Less stress.* • *Increased opportunities for advancement.* • *Greater opportunities to achieve important life and career goals.* *Failing to manage your time effectively can have some very undesirable consequences:* • *Missed deadlines.* • *Inefficient work flow.* • *Poor work quality.* • *A poor professional reputation and a stalled career.* • *Higher stress levels.*

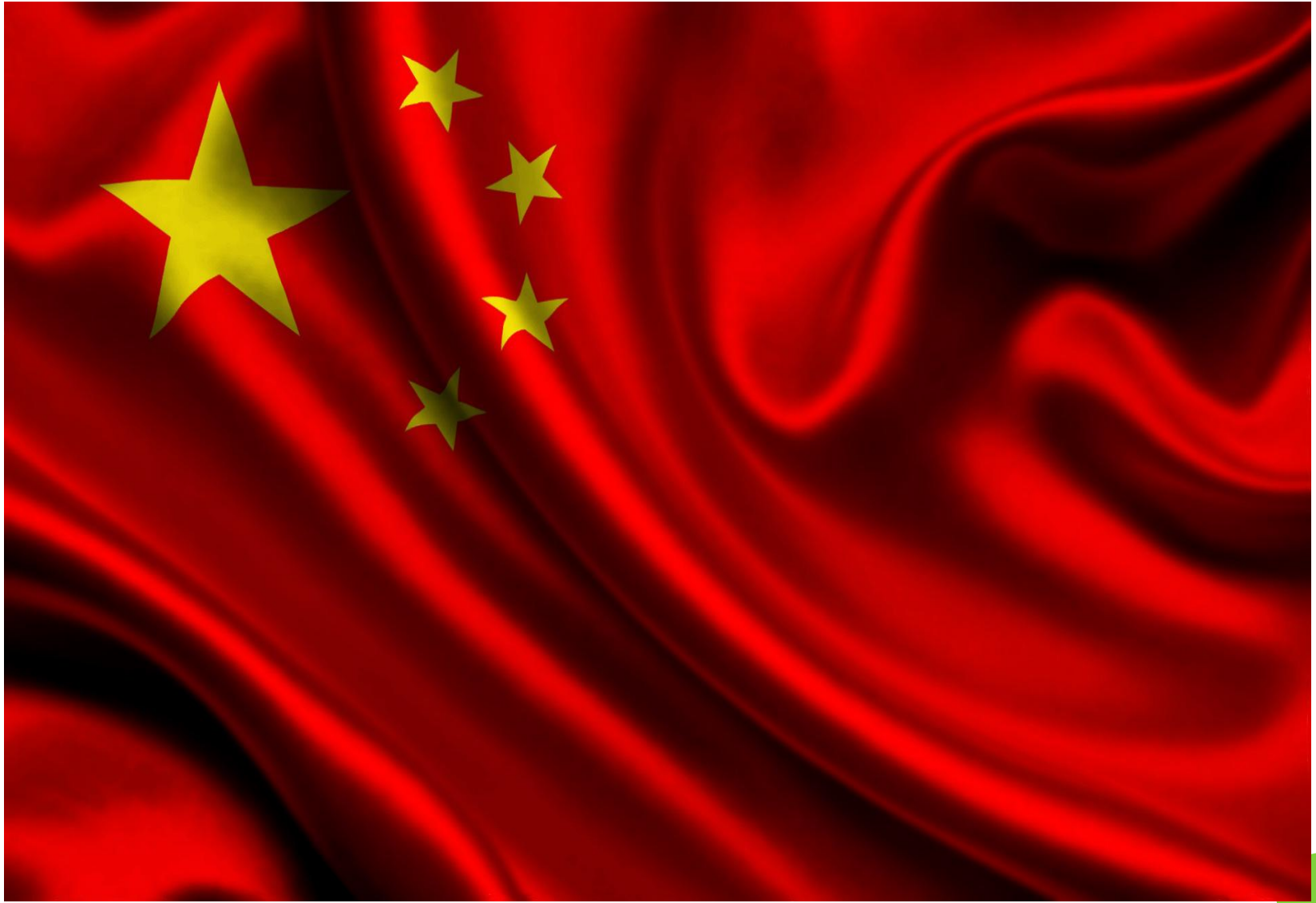




SWITZERLAND

- *Swiss get is your own punctuality and efficiency.*
- *Stereotypes exist for many countries, but in Switzerland they correspond to reality.*
- *All residents of the alpine country is really very effective. And scrupulously punctual. And yet - incredibly cleanly.*
- *In chronically late and hopelessly inefficient (and even more grubby) people like me visiting Switzerland is a kaleidoscope of emotions: a kind of a mixture of awe with relief and a hint of irritation. The Swiss are very good at managing their time*





CHINA

- *The chinese, like most Easterners «not in a hurry to jump into the water» , avoid hasty decisions, but have a keen sense of value of time.*



WAKE-UP AT 07:00 BREAKFAST AT 08:00
LUNCH AT 12:00 DINER AT 20:00

- The Swiss would probably arrive 5 minutes early.
- They often try to get to the point as quickly as possible
 - The Japanese promptly on time
 - The Japanese on the other hand have a much more flexible and elastic perception of time
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**THANK YOU
FOR YOUR
ATTENTION!!!**

