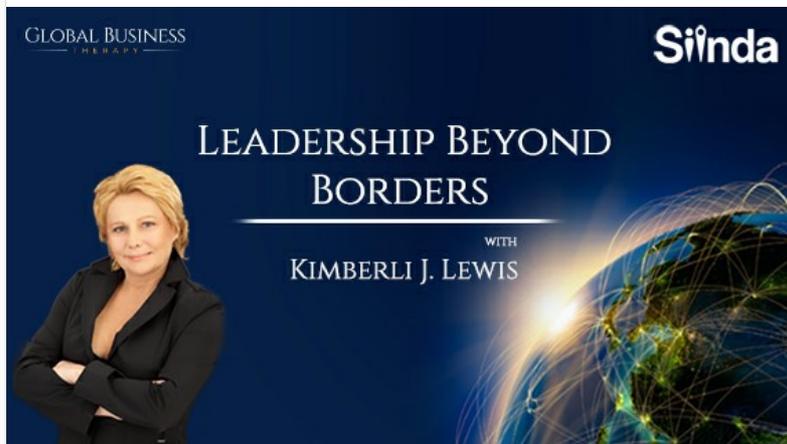


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Leadership Beyond Borders

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Time is the most precious resource we have because once it is gone you can't get it back and many times we only realize this when it is too late. Today we live in such a superficial world, where we often value money much more than time. Being busy is seen as being successful. Our jobs consume us, leaving us very little time to focus on our families and ourselves. When we talk about time management we often focus on how we manage our workflow in the office, but not how we manage our lives. We talk a lot about work-life balance but we very often do not practice what we preach. On top of all

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Featured Guest



Ashley Whillans

Ashley Whillans is the author of TIME SMART: How to Reclaim Your Time and Live a Happier Life (October 6, 2020). She is an assistant professor at Harvard Business School and a leading scholar in the time and happiness research field. She earned her PhD in social psychology from the University of British Columbia. Whillans was twice named a Rising Star of Behavioral Science by the Behavioral Science & Policy Association. She is part of the Global Happiness Council and the Workplace and Well-Being Initiative at Harvard University, and she advises on workplace and well-being strategies for numerous nonprofit and for-profit partners. She has written about her research and it has been featured in

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