

**Dimarts, 21 de març a l'Auditori de Barcelona Activa
Jornada: "El valor de canviar els temps de treball".**

**Lliurament del Premi "Barcelona a l'empresa
innovadora en organització i usos del temps"
11a edició.**

Time management policies in companies have a clear impact on people's physical and mental health and well-being. At a time when moving towards healthier ways of working and work cultures is a strategic priority for most companies, we want to explore this relationship in greater depth.

We will share data and evidence on the benefits of having greater flexibility and control over one's own time and open a dialogue on the responses with which companies of different sizes, sectors and activities are responding to shared challenges:

- ✓ How can we facilitate compatibility between the different dimensions of life, reducing people's stress levels and overload?
- ✓ How can we ensure rest in a hyper-connected environment and in a culture that overvalues constant activity?
- ✓ How can we generate the relationships of respect, trust and support that people and organisations need to grow?

And finally, as we do every year, we will present the Barcelona Award to the innovative company in organisation and uses of time to recognise the efforts of companies that are helping to promote changes in the desired direction.

Programa

9.30 h. Welcome and presentation.

Raquel Gil. Commissioner for the Promotion of Employment and Policies against Precariousness, Barcelona City Council.

Sara Berbel. Municipal Manager of Barcelona City Council.

9.45 - 10.20 h. Lecture: Flexible work and well-being: scientific evidence. Dra. Eva Rimbau Gilibert. Professor and researcher in people management at the Universitat Oberta de Catalunya. Expert in flexible work and teleworking.

10.25 - 11.15 h. Round table discussion: The value of changing working times. Coordinated by: Commissioner for the Promotion of Employment and Policies against Precariousness.

Participants:

- **Laura Font Sentís.**
LYMBUS. Director.
- **Evaristo Gutiérrez**
INGECAL, S.L. CEO.
- **Estrella Rincón**
Hospital Clínic de Barcelona. Head of the Labour Relations Department.
- **Marta Rodríguez Martín**
Mercabarna Director of Organisation, People and Culture.
- **Montse Romo**
Andròmines Head of Communication and Strategy.

11.20-11.45 h. Presentation of the Barcelona Prize for the Innovative Company in Organisation and Use of Time (11th edition).

11.50-12.00 h. Closing
Montserrat Ballarín. Councillor for Trade, Markets, Consumer Affairs, Internal Affairs and Finance, Barcelona City Council.

To attend, all you need to do is fill out this short [form](#)