

¡PARA MAÑANA NO!

TÉCNICAS PARA NO POSTERGAR



OBJETIVOS

- 1 IDENTIFICAR LAS CAUSAS PERSONALES DE POSTERGACIÓN
- 2 IMPLEMENTAR TÉCNICAS Y ESTRATEGIAS PARA LA EFECTIVIDAD PERSONAL Y LA NO POSTERGACIÓN



BENEFICIOS

- **AUMENTO DE PRODUCTIVIDAD**
- **ACTIVACIÓN DE PROYECTOS**
- **SATISFACCIÓN PERSONAL Y LABORAL**



FUNDAMENTOS

LA POSTERGACIÓN ES UN TEMA QUE HA SIDO AMPLIAMENTE ESTUDIADO POR LA PSICOLOGÍA. **SE LA DENOMINA “PROCRASTINACION”**



APROVECHANDO LOS HALLAZGOS DE LA PSICOLOGÍA **SE OFRECEN HERRAMIENTAS PARA MINIMIZAR LA POSTERGACIÓN**

NUESTRA INSPIRACIÓN



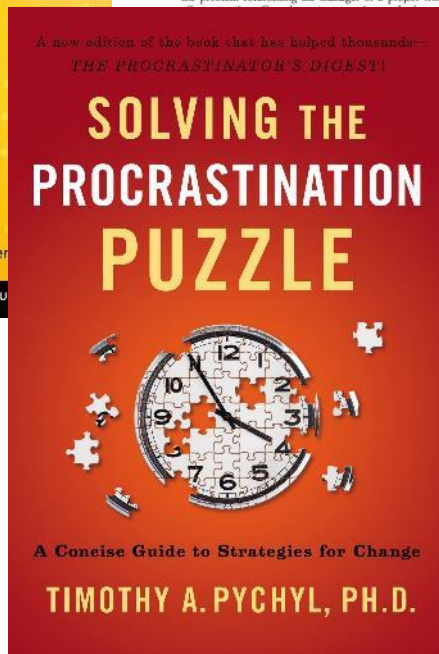
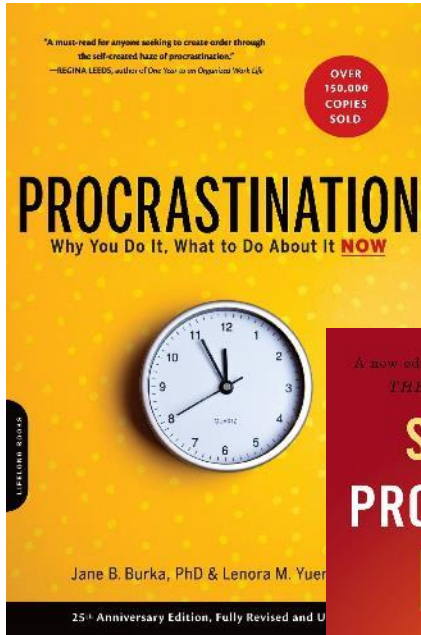
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Managing Cost Salience and Procrastination in Projects: Compensation and Team Composition

Yaozhong Wu
National University of Singapore, Business School, Singapore 119245, yaozhong.wu@nus.edu.sg
Karthik Ramachandran
Scheller College of Business, Georgia Institute of Technology, Atlanta, Georgia 30308, USA, karthik.r@gatech.edu
Vish Krishnan
Rady School of Management, University of California, San Diego, La Jolla, California 92093, USA, vkrishnam@ucsd.edu

The rising trend of projects with high-skilled and autonomous contributors increasingly exposes managers to the risk of idiosyncratic individual behaviors. In this article, we examine the effects of an important behavioral factor, an individual's cost salience. Cost salience leads individuals to perceive the cost of immediate effort to be larger than the cost of future effort. This leads to procrastination in early stages and back-loaded effort over the course of the project. We model the problem confronting the manager of a project whose quality is adversely impacted by such distortion of individual on the planning and scheduling tasks of project management in should reward contributions made in earlier stages of a project. We address another important facet of team composition, namely, the practice of creating fluid teams might have previously unrecognized. We conclude with insights and organizational implications: behavioral operations management
Stylanos Kavadias, after 2 revisions.

increasing complexity, specialization, and improvised effort required for projects increases the power



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Out of Sight, Out of Time? A Meta-analytic Investigation of Procrastination and Time Perspective

FUSCHIA M. SIROIS*
Department of Psychology, Bishop's University, Sherbrooke, Quebec, Canada

Abstract: Recent theory suggests that trait procrastination is a form of temporal self-regulation failure that reflects a disjunction between the present and future self. Yet research to date is sparse and inconsistent regarding the nature of the associations of procrastination with time perspective. The current study aimed to meta-analytically summarize the evidence to date to address the question of how procrastination is linked to future and present time perspective, and to test whether stress and positive affect explained the link between procrastination and future time perspective. A search of the available literature yielded six published studies and three unpublished studies, which were combined with five unpublished data sets for a total of 14 samples with 4312 participants. The meta-analysis revealed that procrastination had a moderate and significant negative association with future time perspective, and a small but significant positive association with present time perspective. Mediation analyses across two of the samples found that high stress and low positive affect explained in part the association between procrastination and future time perspective. Overall, these findings support the notion that procrastinators focus less on the future and highlight the dynamic interrelations of affect and cognition that underlie procrastinators' intertemporal choices. Copyright © 2014 European Association of Personality Psychology

Key words: procrastination; time perspective; meta-analysis; stress; positive affect

As a temporally bound behaviour, procrastination involves a breakdown in self-regulation that has consequences for not only the present self but also the future self (Sirois & Pychyl, 2013). Yet mounting evidence suggests that procrastinators are less concerned with the future than they are with the present (Diaz-Morales, Ferrari, & Cohen, 2008; Ferrari & Diaz-Morales, 2007), despite the considerable consequences of this short sightedness for their health and well-being (Sirois, 2007). Indeed, research suggests that taking a balanced time perspective and focusing on the past, present and future equally may be optimal for health and well-being (Boisvert, O'Neil, Lisle, & Ivanchenko, 2010; Drake, Duncan, Sutherland, Abernethy, & Henry, 2008). This lack

cognitive shifts in focus arising from the negative affective states associated with procrastination may interfere with taking a broader, more future-oriented view of current pending tasks.

The current paper addresses the question of how and why trait procrastination is linked to time perspective by first meta-analytically summarizing the evidence to date regarding the magnitude of the associations between trait procrastination and both future and present time perspectives. Next, the possible role of two affective states, perceived stress and low positive affect, for explaining these effects with respect to future time perspective are explored. As will be discussed, neuroscience perspectives on the

Y MUCHOS MÁS MATERIALES, ESTUDIOS Y TEORÍAS

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