

Efficiency Depends on our Mind

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Abstract: In search of operational efficiency, I came to the conclusion that the main waste of companies is to block the minds of their workers with poor communication. The World Health Organization explains that today the main cause of work disability worldwide is depression and chronic stress. Generating psychosocial risks at work as a result. I am an Industrial Engineer and in search of operational efficiency I have researched for more than 5 years how our brain works to apply it in business. In this workshop I will explain what are the main psychosocial risks that block the minds of people and affect up to 30% in the productivity of their workday. By understanding the 5 most relevant psychosocial risks you will be able to activate your teams and generate a more productive work environment, in order to implement the industrial engineering projects with less resistance.

Keywords: Psychosocial risks at work, poor communication, less resistance, operational efficiency