STAGES OF THE BUSINESS PROCESS AND WELL-BEING OF THE WORK TEAM

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In any company, the business process typically follows a number of key stages ranging from planning and execution to evaluation and continuous improvement. At each of these stages, effective management is critical to organizational success. In our team, we stand out for our work and academic experience in the management of organizational processes, focusing not only on operational efficiency but also on the comprehensive well-being of our work team.

1. Planning:

Experience: Management experience allows us to develop detailed strategic plans, considering both business objectives and the well-being of our team.

Wellness: We recognize the importance of proper nutrition and regular exercise in mental health and well-being. That's why, in our planning, we also consider healthy eating programs and physical exercise activities for our team.

2. Execution:

Expertise: Strategies can be implemented accurately and efficiently, leveraging expertise to manage resources and operations effectively.

Wellness: Encourage an active work environment by facilitating group exercise sessions and providing healthy food options in the workplace. We prioritize mental well-being through practices such as meditation and stress management.

3. Evaluation:

Experience: Using knowledge to evaluate the team's results and performance, areas for improvement and opportunities for professional development are identified.

Wellness: By collecting data on participation in wellness and nutrition activities, this information can be used to tailor programs and ensure that the entire team is in peak physical and mental shape.

4. Continuous Improvement:

Experience: When improvement strategies are applied based on best practices and the latest trends in organizational management, it is possible to ensure that any team benefits from innovative and effective approaches.

Wellness: We need to continue to evolve all wellness programs, introducing new initiatives based on current research on mental and physical health, as well as feedback from the entire team.

A company should not only focus on the basic stages of the organizational process, but should also consider the holistic well-being of the entire work team as a vital component for long-term success. With the experience gained in management and the commitment to well-being, healthy, motivated and highly efficient teams are built and led in all areas of operations.

https://www.youtube.com/watch?v=QXOaDik\_8\_I