

¿Hasta dónde llega tu trabajo?

A woman with long, wavy brown hair and blue eyes stands in the center of the frame. She is wearing a light beige or cream-colored suit, consisting of a blazer and matching trousers. Underneath the blazer, she wears a white V-neck top. She is looking directly at the camera with a neutral expression. The background is a modern interior with large windows on the left, through which soft, warm light is streaming. To the left of the woman, a vase with dried flowers sits on a dark wooden table. The right side of the image is a dark, out-of-focus area, possibly a wall or another part of the room. The overall mood is professional and sophisticated.

¿Qué son los límites?

A scene from the animated show 'SpongeBob SquarePants' set in a reception area. Patrick Star, a pink starfish wearing green and purple swim trunks, stands on the left with a suitcase. SpongeBob SquarePants, a yellow sponge in blue pants, stands on the right. Behind a wooden counter, a light blue receptionist with a large nose and a blue cap reads a newspaper. The background features a wall with a yellow plaque and a wooden cabinet with many small drawers, each with a keyhole. The floor is made of large pink tiles.

El primer costo de **no poner límites**
no lo paga la comunidad.

LO PAGAS TÚ.

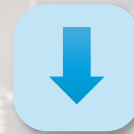
Los límites deben quedar por escrito.

No para protegerse de la comunidad.
Para proteger la relación con la comunidad.



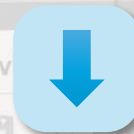
Alcance del servicio

Define exactamente qué incluye tu gestión.



Tareas adicionales

Establece tarifas o procesos para extras.



Responsabilidades reales

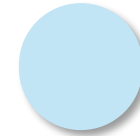
Separa lo urgente de lo importante.



PLAN DE ACCIÓN

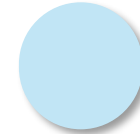
¿Qué puedes hacer desde mañana?

Pequeños ajustes operativos que transforman la sostenibilidad de tu gestión.



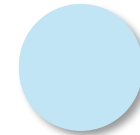
Protocolos claros

Define qué es urgencia y qué no lo es.



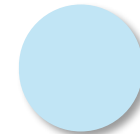
Mensajes automáticos

Respuesta inmediata fuera del horario laboral.



Contratos coherentes

Alinea las expectativas con la realidad del servicio.



Un solo canal

Centraliza la comunicación para reducir el ruido.

Cuando la
administradora
es mujer,
la exigencia es
mayor.



A woman with long, wavy brown hair, wearing a light beige blazer over a white V-neck top and matching trousers, walks along a paved path in a modern building courtyard. She is holding a dark brown folder or bag under her left arm. The background features multi-story buildings with balconies, some with warm interior lights glowing. The scene is bathed in the soft, golden light of sunset, with a few other people visible in the distance. The overall atmosphere is professional yet serene.

**Poner límites no te
hace menos profesional.
Te hace sostenible.**

A woman with long, wavy brown hair, wearing a light grey blazer over a white top, is looking down at a black tablet she is holding. The background is a blurred outdoor setting with modern buildings and people walking. In the top right corner, there is a large, semi-transparent clock face showing the time as approximately 10:10. The text "Tu tiempo también es un bien común." is overlaid in white, and "Y DEBE SER ADMINISTRADO." is overlaid in red below it.

Tu tiempo también es un bien común.
Y DEBE SER ADMINISTRADO.

