



"I don't have enough time" - Understanding the science behind time and temporality



Dale Whelehan



Lecture & Lecturer Overview

Biography

Dr Dale Whelehan is an Assistant Professor in Psychology at Trinity College Dublin, where his research explores how time shapes human behaviour, health, work, and society. His work integrates psychology, behavioural science, systems thinking, and organisational research to better understand why so many people experience chronic time pressure and what can be done to redesign the systems that create it. Dale has advised organisations and governments internationally on work, wellbeing, and performance, and is the founder of BehaviourDoc and former CEO of 4 Day Week Global. He was recognised in the TIME100 Health list and Forbes 30 Under 30, and his forthcoming book explores the emerging science of Temporal Intelligence. Research Area Systems Psychology, Behavioural Science, Temporal Intelligence, Working Time, Organisational Behaviour, Health and Wellbeing.

Talk Summary

Why does it feel as though there is never enough time? Is modern life genuinely accelerating, or has something deeper changed in the relationship between people, technology, work, and society?

This talk explores the psychology and science of time, drawing on research from psychology, neuroscience, behavioural science, chronobiology, and systems thinking. Rather than viewing time simply as something we manage, the session examines how our experience of time is shaped by our brains, our biology, our social environments, and the systems in which we live and work.

Participants will discover why feelings of time pressure have become so widespread, how modern environments distort our perception of time, and why many contemporary wellbeing challenges are fundamentally temporal problems. The talk concludes by introducing the emerging concept of Temporal Intelligence as the capacity to understand, navigate, and intentionally shape the temporal conditions that influence our lives; and considers how developing this capability may help individuals and societies reclaim a healthier relationship with time.

Date

24 February 2027

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