

1. Kursbeschreibung "Juggling career and family"

How to get through an important lecture or conference the next day, when you spent the whole night comforting a feverish child? How to advance in your work AND be there for your partner and family? And last but not least: How to find "me-time"?

This workshop is focused on reflecting upon our own values and goals critically, setting priorities and dealing with role expectations. In addition to techniques of self-management, we will concentrate on individual resources and conditions of the participants that will satisfy the demands of combining family and everyday professional life. We will also analyze typical obstacles and discuss legal and financial issues with regard to the compatibility of family and an academic career.

The workshop tackles the subject with a mix of theory, discussions, partner / group work and self-reflection exercises.

The course is aimed at young parents (-to-be) who work in an academic context and do not want to forgo having a fulfilled family life.

Contents

- Career & family planning: setting goals and priorities
- Analysis of personal values and resources
- Dealing with partnership issues & role patterns
- Role clarification and setting boundaries in private & professional life
- Legal & financial issues of parenthood in the scientific workplace