Dispelling the Work-Life Balance Myth

TARGET GROUP: Doctoral Researchers, Postdocs

TARGET: This workshop critically examines the current model of work-life balance/family-career balance as discussed in many bestselling “how-to-books”. A new model for achieving more satisfaction and control in matters of combining our private and professional lives, called “Patchworking-Life”, is being introduced.

TOPICS: Participants will rethink their current view of how professional and private life commitments can be integrated and understand that constantly seeking and stressing over mastering the balance of work and life limits us in our capabilities. Participants will reflect on their individual preference of work-life balance and realize that a balanced life is a very individual perception, which starts with self-responsibility. Participants will encounter a new model for work-life design and its underlying principles to achieve more satisfaction with one’s (working-)life.

TRAINER: Prof. Daniela Elsner, Frankfurt; www.coaching-mit-care.de

VENUE: Max-Planck-Institut für Festkörperforschung, Heisenbergstr. 1, 70569 Stuttgart
www.fkf.mpg.de

FEE: The Administrative Headquarter will cover the fees for the speaker. The institute needs to cover your travel expenses. Please note: Permission from your supervisor must be obtained before applying.

NOTES: Registration for this seminar starts 01.02.2019! Terms and conditions for the participation are included at the end of the brochure.