

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.	
MAXIMUM NUMBER OF PEOPLE	12	
REGISTRATION AND CANCELLATION	Angelika Molkenthin	angelika.molkenthin@gv.mpg.de

V-NR.	TERMIN VON	UHRZEIT	BIS	UHRZEIT	VERANSTALTUNGSORT
1109	17.05.2019	10:00		17:00	Stuttgart