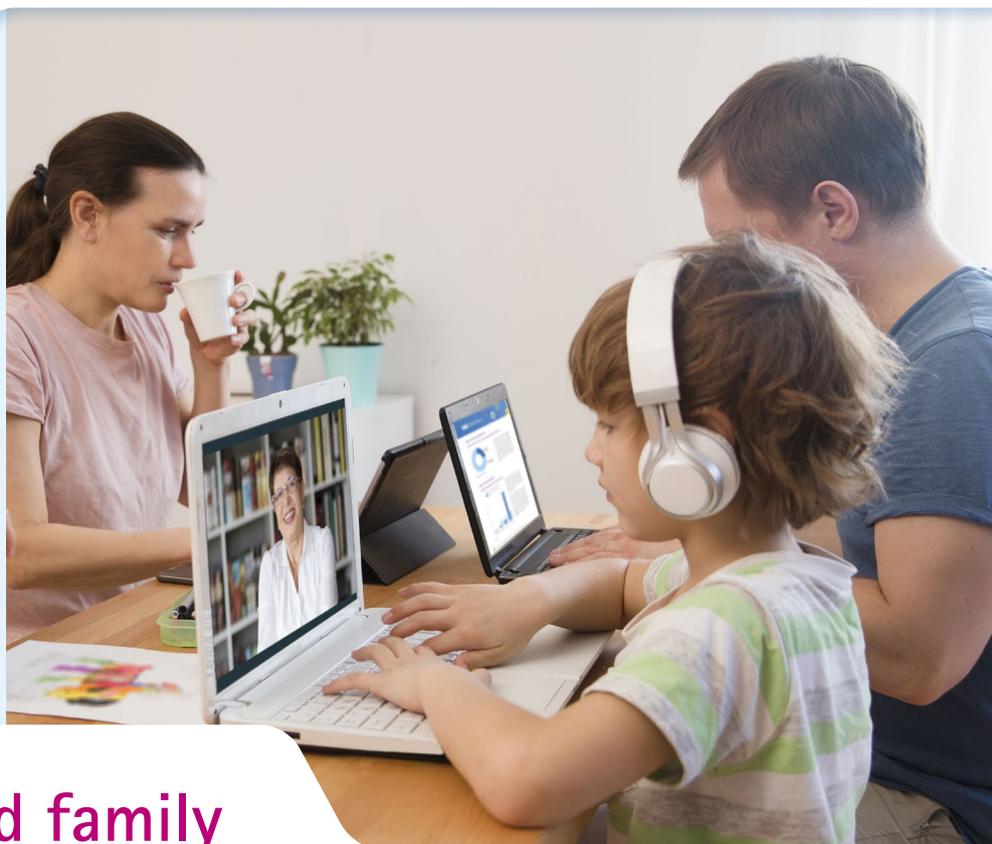


How to get through an important lecture or conference the next day, when you spent the whole night comforting a feverish child?

How to advance in your work/studies AND be there for your partner and family?

How to find "me-time"?



Juggling career and family

Small group coaching (online) 2022

Research, teaching, career planning, children, partnership - and last but not least one's own needs: Even under normal circumstances, it is a balancing act for young parents in science to meet the different demands and to achieve good results under time pressure. In the current pandemic situation, it often seems to be impossible.

▶ Programme

The participants have the opportunity,

- to deal intensively with their own crucial (family) issues,
- to reflect on their personal situation in an exchange with other parents,
- to become aware of their own values,
- to identify weaknesses, but also resources,
- to examine priorities and goals and, if necessary, to set them differently.

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

The coaching consists of two appointments:

▶ Coaching 1

Start | Friday | 11. Mar 2022 | 9:00 – 12:30

Follow-up | Friday | 01. Apr 2022 | 9:00 – 11:30

▶ Coaching 2

Start | Monday | 19. Sept 2022 | 9:00 – 12:30

Follow-up | Thursday | 06. Oct 2022 | 9:00 – 11:30

▶ Who can participate?

The course is aimed at young parents (-to be-) who study or work at the Leibniz University

▶ Coach

Antje Rach

Worte & Wandel –
Training & Coaching

<https://worteundwandel.de/>

▶ Registration

For questions and registration please contact **Joana Rieck**:

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