



Thursday, 10 November 2022, 9:30-13:00 **and**
Friday, 11 November 2022, 9:30-13:00

Remote Workshop

Dr. Síofra McSherry

Finding Balance: Reconciling career and personal life for researchers

The doctoral and postdoctoral period can make strenuous demands on researchers' time and energy, particularly if you have or are considering having a family. This workshop looks at ways to reconcile a large workload, financial or family pressures, the family aspect, and questions about job security and location. What are my priorities? How can I make time for everything I want to do?

We will examine the personal and professional expectations faced by the participants, especially from the perspective of gender, consider their individual situations, and identify ways to effectively prioritize tasks for a more fulfilling work-life balance.

Participants will reflect on their various personal and professional roles and consider how to balance these demands. Through trainer input, guided self-reflection and discussion, participants will work to uncover their values in order to better understand their expectations and priorities. Building on this, they will begin to formulate steps towards a more productive consolidation of their personal and professional goals. Through roleplay participants will learn techniques to negotiate working conditions that better meet their needs.

Content in brief

- Coherence of career and private/family roles
- Self-assessment of professional and personal values
- Family life in the context of the academy
- Values as an individual compass for setting priorities
- Next steps towards consolidation

Methods

- Group and individual work
- Input from trainer
- Self-reflection through guided exercises
- Role play
- Group feedback and exchange

About the trainer

Dr. Síofra McSherry has a PhD in American Studies from the Freie Universität Berlin. She completed a counselling qualification at the University of London and has a broad range of experience in peer-to-peer counselling and coaching where she focuses on Work-Life-Balance, Self Care, and Career Development (<http://www.scienza-berlin.de/>).

The event is aimed at female PhD students and postdocs, max. 12 participants.

Registration deadline: 28 October: petra.metz@hu-berlin.de

Zoom link shared after registration