

Workshop „Working in science with family“

Combining work and family is a big challenge and especially for high-educated women and men worth to be concerned with. Most of them dream of an equal relationship and very often find themselves back in traditional role models as soon as the first child is born. This happens very often without being planned, unconscious, with a lot of “good reasons”. Later a lot become unhappy – the traditionally career options losing women as well as the traditionally very career orientated men.

The conditions of employment in sciences with a low or missing planning reliability, mostly limited contracts for PhD- and Post-Doc-Students etc. makes it even more necessary to have an intensive look on your own needs, goals and the basis conditions.

Main Topics:

- Models of combining work and family (iceberg-model)
- Short-input: role models of women and men/scientist, statistics: employment of mothers and fathers/childcare with focus on the scientific world (Germany), Overview on rights and benefits concerning mother- and fatherhood for employees, family friendly services at universities
- Self-reflection on social roles
- Changing perspectives: working mother, working father, supervisor/employer, child
- Developing an individual vision of combining work and family. Phrasing targets.
- Relevant parameters for combining work and family.

The workshop's aim is especially to become conscious about the consequences of your decisions and to create your own idea of career and family. There will be short inputs but mainly the workshop is designed for self-reflection. Instead of serving general solutions, it is about developing individual models. You will work for you own, in groups and in the plenum. Coaching-dialogues within the group of participants are possible.

Coach:



Dagmar Terbeznik, Dipl.-Kauffrau (business administration) and certified coach (DCV), founded (work/life) coaching & beratung in 2007.

Besides individual coaching for specialists and executive staff she especially offers coaching-workshops at universities. There she works mainly with PhD- and Post Doc-Students.

Special fields of work: Combining work and family, work-life-balance, stress management and career planning for dual career couples.

Dagmar Terbeznik, born 1972, lives and works in Berlin, is married and mother of four children (born 2008, twins 2010, 2012).

(work/life)
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www.work-life-coaching.de