

BALANCE

How to develop a research career and a growing family?

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The disclaimer first

We will not find *the* solution today!

Imagine you had one more hour per day!

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What would you do?

Are you balanced?



Image source: [<http://www.ultimatevitalityforlife.com/>]

Are you balanced?

The 4-area model



Image source: [<http://www.ultimatevitalityforlife.com/>]

Self

- Time for you!
- Activities you do on your own
- Your health, nutrition, education, recreation, leisure time



Image source: [http://lip.sunet.se/pub/pictures/collections/calendars/Rain_Forests_1994/]

Partner and Family

- Time for your partner and family
- Includes parents, siblings, etc.
- Shared experiences, recreational activities or hobbies



Image source: [<http://bichi.via163.com/share/27732.html>]

Job/Career

- Time and dedication to your job
- Also includes non-office time where your thoughts are on the job!



Image source: [http://assets.inarkansas.com/20005/career-change-job-search-job-hunting-looking-for-work-861.jpg]

Friends and Society

- Time for other people outside family and job
- Friends, neighbors
- Involvement in networks, clubs, associations, etc.



Image source: [http://www.peters-finance.de/wp-content/uploads/2012/02/stock-photo-17440509-hands-locked1.jpg]

Accepted Hypothesis

Balanced areas ≡ Healthy life

Young researchers' balance issues



Image source: [http://abgpannitzchenbleiber.de/images/freitagstester.jpg]

Issue 1: The rush hour of life

- Central career phase in academia at age 25–40
- Often only short-term contracts
- Often intransparent career paths
- High mobility requirements
- Part-time possible but with full-time expectations
- Often strict focus on the job: Science as one's only passion



Image source: [http://images4images.tumblr.com]

Issue 2: Having small kids

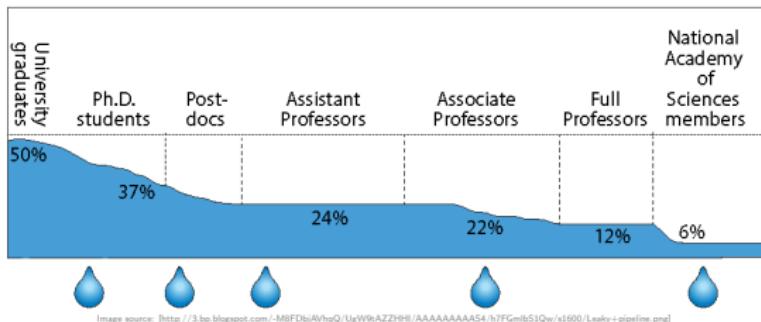
- Working + childcare difficult
- Deadlines pressing anyway
- Supporting network essential



Image source: [http://www.betterparenting.com/wp/wp-content/uploads/2010/02/\]](http://www.betterparenting.com/wp/wp-content/uploads/2010/02/])

Issue 3: Women in science . . . the leaky pipeline

- Male networks
- Male attitudes
- Glass ceiling
- Lack of role models



Issue 4: Beware of the burnout

- Being overstressed
= less concentrated
- Risk of nootropics misuse
- Risk of burnout



Image source: [http://en.wikipedia.org/wiki/Burnout_(%28vehicle%29)]

So, what to do?



Image source: <http://thibout.com/wp-content/uploads/2013/06/mountain-first-to-the-top-141321537.jpg>

Self-management is one key!

And of course: Learn from the more experienced!

Words of wisdom

“A crisis is a productive state. You simply have to get rid of its aftertaste of catastrophe.”

Max Frisch

“People who deliberate fully before they take a step will spend their lives on one leg.”

Anthony de Mello

Time to get you involved in the workshop!

Thank you

