

## **24. + 25.08.2021 - Work-Life-Balance (en & digital)**

### **Wann?/ When?**

24. August 2021

09:00 Uhr - 12:00 Uhr inkl. Pausen / 9 a.m. - 12 p.m including breaks

13:00 Uhr - 16:00 Uhr inkl. Pausen / 1 p.m. - 4 p.m. including breaks

25. August 2021

09:00 Uhr - 12:00 Uhr inkl. Pausen / 9 a.m. - 12 p.m including breaks

13:00 Uhr - 16:00 Uhr inkl. Pausen / 1 p.m. - 4 p.m. including breaks

### **Wo?/ Where?**

digital per Zoom, die Zugangsdaten gibt es nach Anmeldung / digital via zoom, the login data is available after registration

### **Wer?/ Who?**

Studentinnen, Nachwuchswissenschaftlerinnen / female students, female young scientists

### **Inhalt des Workshops/ Contents of the workshop**

A life-work balance is essential for an overall good quality of life. It brings many benefits to personal well-being, to health, as well as to work productivity. In this workshop, participants will explore ways to better manage their professional and personal responsibilities and to deal with stress situations. They will further develop their self and time management skills and learn how to integrate mindfulness in their personal and professional lives.

### **Content:**



- ▶ Finding a balance in the different areas of your life
- ▶ Analyzing stressful situations and dealing with them constructively
- ▶ Identifying and handling individual drivers
- ▶ Learning and reflecting about the 4 levels of self management
- ▶ Reflecting on values, needs and resources
- ▶ Practicing and implementing relaxation and mindfulness exercises
- ▶ Putting yourself in a coach mindset
- ▶ Getting inspired by positive psychology, resilience research, and implementing the findings
- ▶ Learning about important aspects of self and time management

### **Sprache/Language**

Englisch/ English

### **Trainerin/Coach**

› Dr. phil. Isabel Werle (<https://www.entwicklungsraum-mainz.de>)

**Anmeldungen** einfach per Mail an  [maria.rosenbaum@ovgu.de](mailto:maria.rosenbaum@ovgu.de) (mailto:maria.rosenbaum@ovgu.de) /  
**Registration** via email to  [maria.rosenbaum@ovgu.de](mailto:maria.rosenbaum@ovgu.de) (mailto:maria.rosenbaum@ovgu.de)

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