

TITLE BALANCE – How to develop a research career and a growing family

DESCRIPTION For most participants of the Heidelberg Laureate Forum research is an essential part of their life. So we are probably not the best forum for the often heard notion of a maintaining work-life-balance. But still there are issues when developing a research career and having a family. The first of course is time constraints: working hard on deadlines not seeing the kid's in the evenings, conferences colliding with school holidays, etc. However, there are other related problems when it comes to for instance changing positions and moving to another place. Commuting and being with the family only over the weekends or facing the two-body problem when the whole family moves to the other place are striking in such cases.

In this short 90 minutes workshop I would like to get feedback from the participating laureates in form of for instance a panel discussion about their experiences and strategies for balancing their research careers and family life. Also inputs from the younger participants are very welcome that could be the result of short break-out sessions being part of the workshop. Such break-outs should focus on issues in changing places, time constraints balancing career and family, and also paternal leaves in early career stages.

The idea of the workshop is personally inspired, being father of two kids (seven and five years old) with a full-time working wife. As a graduate I took several months of paternal leave when my children were born. In the near future when it comes to moving from the postdoc level to some more senior level, I will probably again face the BALANCE problems that come with moving around.