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?

Are you balanced?

The 4-area model

Self
Partner and Family
Job/Career
Friends and Society

Image source: [http://www.ultimatevitalityforlife.com/]
Self

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

Partner and Family

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

Image source: [http://bizhi.xue163.com/show/27732.html]
Time and dedication to your job

Also includes non-office time where your thoughts are on the job!
Friends and Society

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

Balanced areas $\equiv$ Healthy life
Young researchers’ balance issues
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
Issue 2: Having small kids

- Working + childcare difficult
- Deadlines pressing anyway
- Supporting network essential
Issue 3: Women in science . . . the leaky pipeline

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

![Leaky pipeline diagram](http://3.bp.blogspot.com/-M8FDbjAVhqQ/UgW9tAZZHHI/AAAAAAAAAS4/h7FGmlbS1Qw/s1600/Leaky+pipeline.png)
Issue 4: Beware of the burnout

- Being overstressed = less concentrated
- Risk of nootropics misuse
- Risk of burnout
So, what to do?
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 😊