

“ I only have two hands... ”
How combining different aspects of life can be a challenge

Training on Work-Life Balance in academia

Date: 20/02/2024

Organized by

- the Neurocampus Parity Committee (www.bordeaux-neurocampus.fr/comite-parite)
- RESET's University of Bordeaux (www.wereset.eu)

Training held by Dr. Paulina Szymanska (Institute of Psychology - University of Lodz, Poland)

Hours: 10:00 - 11:30; Break; 12:00 - 13:30

Location: CGFB - Salle sud

Audience: PhD students, Post-doc researchers, and researchers of the Neurocampus community.

Limited number of participants: 15

Program:

- Introduction to the concept of work-life balance: ways of defining, criticism, and alternative concepts.
- Integration of life roles at different stages of life - does gender and age matter in shaping work-life balance?
- Why it's worth talking and negotiating different things? - The role of contracting in the process of balancing between various life spheres.
- Good practices in building satisfying relationships between work and personal life.

Benefits:

- Building and expanding knowledge, raising awareness about the integration of different life spheres
- Focusing on understanding the mutual two-way relationships between work and non-work domains - conflict and facilitation
- Self-reflection on one's functioning in different life roles
- Personal development
- Sharing experiences with other members of the NeuroCampus community

Free Registration at comiteparite.neurocampus@u-bordeaux.fr

Registration Deadline: 15/02/2024