



**KSETA Workshop**  
**„Work-Family-Balance: Self-management for PhD students with children“**  
2-day Workshop

The Karlsruhe School of Elementary Particle and Astroparticle Physics: Science and Technology (KSETA) is offering a workshop on “**Work-Family-Balance: Self-management for PhD students with children**”. The workshop is open to students from all fields.

**Dates:** Tuesday, 4.10.16, 9.00h-17.00h  
Wednesday, 5.10.16, 9.00h-17.00h  
**Place:** Room 10-1, “Physics Building”, Bldg. 30.23, Campus South.  
**Coach:** Tina Christiansen, Christiansen Consulting  
**Language:** English

The workshop primarily aims at PhD students with children. Interested PhD students who consider starting a family or Master students with children interested in starting a PhD are welcome, provided that places are available.

**Topics:**

- What roles do I play in my life (student, parent, partner) and how do I manage them?
- My personal energy budget is limited. How do I best manage my resources?
- What are my personal motives and goals?
- How do I deal with my own expectations and those of others (supervisor, partner, child)?
- There will be time allocated to discuss practical problems or conflicts for all participants in feedback/coaching sessions.

**Participation is free of charge.**

**Please sign up until 01.10.16 under [www.kseta.kit.edu/690.php](http://www.kseta.kit.edu/690.php)**