

## Workshop

*Part of the GGS Teaching Assistantship Program 2014*

### **Work-Life-Balance for Academics**

#### **Organizational details**

Instructor: *Dr Tusharika Mukherjee, visiting researcher at the Chair Work and Organizational Psychology*

Date: December 9, 2014, from 09:30 to 17:30

Location: Dekanatssitzungssaal Faculty of Law (first floor on the left), Licher Str. 72, 35394 Giessen

ECTS: –

#### **Objectives**

Success and survival in a competitive work culture can be perceived as obstructing personal bliss. Gaining more control over work as well as personal life is crucial for both morale and productivity. The workshop addresses work-life interface as a predominant issue among academicians, highlighting formative strategies for augmenting work-life challenges through:

1. Understanding management of work-life balance – ‘What we know? What we need to know?’
2. Defining happiness and good living - varied perspectives.
3. Building positive emotions - psychological and social resources.
4. Setting personal goals - self regulation and self control.
5. Cultivating 'life above zero' and 'forward failing' codes.

#### **Target group**

Doctoral candidates and postdoctoral researchers

#### **Course language**

English

#### **Registration**

By November 10, 2014 at [info@ggs.uni-giessen.de](mailto:info@ggs.uni-giessen.de)