Parenting in Academia – Managing the Mental Load

**Objective**

Learn to juggle the mental load of being an academic with the mental load of being a parent.

**Description**

How do we juggle work life balance when “life” comes with such a huge mental load? When the family to-do list is three times as long as the work to-do list and you feel like you are always the one that has to remember.

The thinking part of having children is permanent and it’s exhausting. It’s invisible, unmeasurable and often inescapable.

How do we thrive at work whilst navigating the worry and guilt of managing a family at home?

How do we learn to share the planning and management of our homes and not just the delegation of a never-ending task list in our minds?

It is possible!

We will:

- Explore what mental load is, how it manifests in our daily lives, and why it’s harmful
- Learn to check in with our expectations
- Learn to decontaminate our time so that we can be more effective in our work and more present at home
- Identify worry and self-doubt loops and how to stop them
- Learn to zoom out to fit everything in
- Explore mindfulness and self-compassion as tools to help you be present with our kids when we are at home and present with our works when we need to be working

**Methodology**

**Day 1 - Workshop:**

Online workshop in the group, session will be based on evidence-based psychological tools including cognitive behavioural theory, acceptance and commitment therapy, mindfulness, and self-compassion.

**Day 2 - Coaching:**

Coaching session applying these same principles.

**Organizational Information**

<table>
<thead>
<tr>
<th>Language / Format</th>
<th>English / Online</th>
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<tbody>
<tr>
<td>Target group</td>
<td>Doctoral Candidates at all stages and Postdocs from all faculties</td>
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</table>
| Date              | Workshop: Monday, 29 January 2024, 9:30 – 11:00  
Coaching:  Thursday, 1 February 2024, 9:30 – 11:30 |
| Registration      | For registration click here |

**Trainer**

Desiree Dickerson, PhD

Desiree Dickerson is a clinical psychologist who specializes in the mental health and well-being of researchers and the academic community. As former researcher in the neurosciences, Desiree works globally with universities, lab groups, and academics in the pursuit of a healthier, sustainable approach to research.

www.desireedickerson.com