

Elementary - R1

Advanced - R1

Postdocs - R2

Senior Postdocs - R3



Trainer



Christian Baron, PhD

zusammen-weiterdenken –
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Christian Baron, PhD, is a
freelance consultant, trainer,
and systemic coach.

As founder of zusammen-
weiterdenken, he supports
clients in creating sustain-
able value and navigating or-
ganizational transformation.
With experience in research
leadership and mid-sized
industry, he applies systems
thinking and systemic meth-
ods to make complexity more
workable.

His practice focuses on clar-
ity, collaboration, and long-
term impact.

Integrating Work and Life – Clarity, Balance, and Sustainable Strategies

Objective

By the end of the workshop, participants will understand how work and life influence each other in academic settings. They will identify their own priorities and apply strategies to handle expectations, pressure, and long-term workload in a sustainable way. They will also learn how to align career goals with personal well-being in the realities of their individual path.

Description

Academic work often blends into private life. Research, teaching, supervision, applications, and deadlines do not follow fixed hours.

Pressure comes from multiple directions: supervisors, students, peers, funding cycles, and publication demands.

When one area becomes too much of a burden, the rest of life is affected. At the same time, many researchers feel they must choose between career goals and personal needs.

This workshop offers space to reflect on these tensions. Participants explore how they define career and success, how academic structures shape their choices, and how they can create a sustainable way of working that protects their well-being:

- **Navigating work-life pressure:** How academic demands and private life affect each other, and how to manage both without burning out
- **Clarifying priorities:** Tools to identify what matters most in research, career, and private life, and to make choices instead of reacting
- **Setting boundaries and staying steady:** How to protect time and energy, say no when needed, and recover during high-pressure phases
- **Peer coaching and shared reflection:** Structured exchange with others to gain perspective, reduce isolation, and develop new strategies

Methodology

This training is highly interactive and focused on practice and active participation:

- Short trainer inputs with specific examples
- Guided reflection exercises and self-assessments
- Interactive group work and collaborative tasks
- Peer exchange in pairs and small groups
- Practical tools for stress management, boundary setting, and recovery

Conditions

Participants should be open to reflection on their own experiences and willing to engage actively in group discussions and exercises.

A respectful and confidential atmosphere is essential for sharing personal perspectives.

Organizational Information

Language / Format	English / On campus
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Tuesday, 9 June 2026, 10:00 – 16:00
Registration	Click here for registration

