

Early Career Researcher Support Programme

Online Short Course

Parenting and academia – managing the mental load

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<https://desireedickerson.com/>

21 March 2022

10.00 – 11.30 hrs.

Topic

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 it is 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 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.

Target group

Members of MARUM and people from our partner institutions who are interested in the topic.

You don't need to be parents (yet) and we are not going to ask you about your motivation to join the course!

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Format and Schedule

Live online via Zoom (the link will be provided before the course)

Time: 10.00 – 11.30

Please note that in our online courses, we expect people to turn on their cameras. This is a matter of respect towards the lecturer/s and makes any kind of interaction much easier.

Registration

To register for this course, please visit the course web page:

<https://www.marum.de/en/education-career/2022-03-21.html>

Please note that your registration will be binding.

The registration deadline for this course is **20 March 2022**.

Any enquiries regarding the course should be addressed to early-career@marum.de.