



Managing a Career in Science with a Family:

Achieving Personal Productivity, Life Balance & Career Success


An interactive onsite "in-person" workshop to help develop the practical skills, habits & mindset to navigate the challenges of parenthood with a career

About the Workshop:

Successfully & comfortably managing career objectives and family time has always been a challenge for most professionals, not least during the ongoing Covid-19 pandemic.

To help address this challenge, this workshop provides an opportunity:

- To review and refresh best practices in time and priority management.
- To share, discuss and compile practical "hacks" to enable an enhanced Life-Balance.
- To consider negotiation approaches for a work contract & conditions to be more "family-friendly".
- To hear from colleagues & peers regarding their experiences and success stories.
- To discuss and brainstorm important take-aways and learnings from the agenda sessions.
- To develop a personal action plan to help navigate the coming months and onwards.

All those eligible for iFIT funded skills training and coaching may apply. Event is conducted in English language. 

The Facilitator & Coach: Dr. Paul Charlton



- Research background – Ph.D. (Biochemistry / Molecular Biology).
- Extensive international corporate, academic & institutional experience.
- Expert in international communication, productivity and career development skills.
- 22 years of global success in training & coaching.
- Focuses on scientific, medical, IT and engineering (STEM) professions.
- Native English speaker with multi-lingual & multi-cultural competency.

The Location:

Conference room Crona B4-220
Kliniken Berg
72076 Tübingen

Duration, Date and Times:

- 1-Day workshop.
- Thursday Oct 14th, 09:45 to 17:30
- Follow-up, optional Zoom session after workshop completion.

Workshop Agenda:

09:45 to 10:00 Welcome coffee/tea.

10:00 to 10:15 Opening introduction from Prof. Juliane Walz (UKT).

10:15 to 12:30 "Simple Hacks to Improve Productivity" - Interactive lecture from Dr. Paul Charlton.

12:30 to 13:30 Lunch.

13:30 to 14:30 "Simple Hacks for Career Success" - Interactive lecture from Dr. Paul Charlton.

14:30 to 15:15 Guest presentation & discussion with Prof. Ellen Reisinger (UKT).

15:15 to 15:30 Coffee/tea break.

15:30 to 16:00 Guest presentation & discussion with Dr. Axel Kaul (UMG).

16:00 to 16:45 Group activity brainstorming "Achieving Personal Productivity, Life Balance & Career Success".

16:45 to 17:00 Group 1 presentation of key-takeaways from brainstorming.

17:00 to 17:15 Group 2 presentation of key-takeaways from brainstorming.

17:15 to 17:30 Personal action plan development "call to action" tasks set for Zoom-based follow-up discussions and wrap-up/close.

An „iFIT Cluster of Excellence“ funded workshop

