

## Time, life and career management

<b>Duration:</b>	1 day
<b>Course type:</b>	30% theory and 70% practical examples
<b>Trainers:</b>	Karin Bodewits
<b>Max. No. of Participants:</b>	12



Every week has 7 days, 168 hours or 10080 minutes.... a lot of time to do a lot of things! Still, many of us suffer from the feeling of always having too little of it and not even being sure what to do with it. You might not give it enough thought. On what do you want to spend your energy? And how to distribute it between your career, family, friends and hobbies. These are also no easy questions with answers to be found in a text book- the “ideal time and career schedule” is simply too different from one person to the other.

During this seminar we will ask ourselves what we would like to achieve, both professionally as privately, in our lives and how to get there. We will set doable goals and provide tools and ideas to optimise your time investment. Furthermore, we will discuss how to balance science and life in different contexts and how to plan your days in a flexible work environment.

The aim is not only to work more efficiently and to reduce personal “stress”, but also to be more satisfied and successful in your career and your personal life.

<p><b>Time &amp; life management in general</b></p> <ul style="list-style-type: none"> <li>- What do I want to achieve in my life? And how do I get there?</li> <li>- What do I want to achieve this year professionally and personally?</li> <li>- Your 168 hours: How much do you actually work? How much of this is towards your goals?</li> <li>- For what to spend time?</li> <li>- How to (not) schedule your calendar? Software, calendar, post-it &amp; Co.: your toolbox</li> </ul>	<p><b>Science-life balance</b></p> <ul style="list-style-type: none"> <li>- Parenthood/ care giving &amp; career</li> <li>- Who is doing the laundry anyway?</li> <li>- My Nature paper and my social life: two antipodes shake hands</li> </ul>
<p><b>Time management for part-timers</b></p> <ul style="list-style-type: none"> <li>- Avoiding the “part-time trap”</li> <li>- Getting paid for ALL the hours you work</li> </ul>	<p><b>Flexible working: Your boss will love you!</b></p> <ul style="list-style-type: none"> <li>- Communicating your individual schedule</li> <li>- A working structure that benefits all</li> </ul>
<p><b>Efficient working</b></p> <ul style="list-style-type: none"> <li>- How to manage your day efficiently?</li> <li>- Your core competencies</li> <li>- The not-to-do list</li> <li>- Avoiding time wasters</li> <li>- Prioritising</li> </ul>	<p><b>Case studies</b></p>