

JLU

NEUE WEGE. SEIT 1607.

JUSTUS-LIEBIG-
UNIVERSITÄT
GIESSEN

INFO-REIHE FAMILIE & KARRIERE

FOKUS: WISSENSCHAFTLICHER NACHWUCHS

November 1, 2022

09:30 a.m. - 11:00 a.m.

November 1, 2 & 3, 2022

Individual coachings,

15 sessions of one hour each

Forget the Work-Life-Balance. Tailor your life

TALK WITH INDIVIDUAL COACHING

Prof. Dr. Daniela Elsner (Business-Life Coaching, Executive Coaching, Solution-Focused Brief Therapy, Career & Leadership Trainings)

What is the secret of people who successfully manage their different tasks and roles in their lives without constantly feeling like running in the treadmill? What is their key to resilience in challenging situations? How do they get it all under one roof without burning out? In this interactive talk, Daniela Elsner, business-life coach, psychotherapist (HPr.G), professor of learning and teaching, mother of 3 and author of the book "Ausgebalanced" (Gabal Verlag) shares her personal and scientific knowledge on how successful people get "it all" under one roof. Her first recommendation: "Forget the work-life balance, tailor your life!"

The event will take place via Zoom. Children are welcome!

Registration at:

<https://www.uni-giessen.de/fbz/zentren/ggl/events/famukar/regfukWS2022>