

Parenting and Academia

Dr. Desiree Dickerson
<https://dickersonetal.com>

7 March 2025
12.30 – 14.00 hrs.

online via Zoom



Objectives

How do we achieve work-life balance when the family to-do list is three times as long as the work to-do list and it seems you are always the one that has to remember everything?

In this webinar, we learn what mental load is and how to decontaminate our time so that we can be more effective in our work and more present at home. We explore self-compassion tools to prevent guilt and worry.

Target group

Early career researchers who are parents

The trainer



Desiree Dickerson, PhD

As a former postdoctoral researcher in the neurosciences and a clinical psychologist, Desiree has worked at both ends of the spectrum - from (lab) bench to bedside. After working in research in New Zealand, Australia, and Austria, she now lives in Spain and spends her time helping academic institutions and academics themselves pursue a healthier approach to research.

Format

Live online via Zoom. The link will be provided before the course.

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

<https://www.marum.de/en/research-training/2025/2025-03-07.html>

Please note that your registration will be binding.

If we don't receive a critical number of registrations by **20 February 2025**, the course will have to be cancelled.

Please direct any enquiries about this event to early-career@marum.de.