



The ESMAC Early Career Network board is delighted to announce our next event in our ongoing webinar series. This event will be hosted on Microsoft Teams and is open to all.

**Title:** Do you ever wish you had more hours in a day? - Work life balance in academia and industrial field

**When:** 13th January 2026 at 13:00 GMT/15:00 CET

**Meeting link:**  Click [here](#) to join the webinar at the above time/date

**Details:** Graduate school and early research careers often demand intense focus, long hours, and constant self-direction—making it challenging to maintain a healthy balance between academic responsibilities and personal well-being. This webinar is for master students, PhDs, Post Docs and everyone else who want practical, evidence-informed strategies for navigating these pressures without sacrificing their mental or physical health.

The session features three invited speakers, each offering a unique perspective on work-life balance at different stages of academic training and different private constellations. Throughout the webinar, participants will gain practical tools for improving time management, setting realistic goals, communicating boundaries, and identifying early signs of stress or burnout. The webinar emphasizes actionable, everyday strategies that support both productivity and personal well-being.

After the talk of the speakers an open discussion will be held, giving attendees the opportunity to ask questions, share experiences, and engage directly with the speakers and fellow participants.

**Speakers:**

**Dr. Lizeth H. Sloot** Newcastle University Academic track fellow, Translational and Clinical Research Institute, Newcastle University, Newcastle, UK

**Dr. Chris McCrum** Assistant professor, Department of Nutrition and Movement Sciences, Maastricht University, The Netherlands.

**Dr. Tom J.W. Buurke** Assistant professor, University Medical Center Groningen, The Netherlands.

*On behalf of ESMAC ECN we hope to see you at this meeting. For any questions, please contact*

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