

Working/studying with a family

Reconciliation coaching for ETH members

Information sheet

Making daily life manageable is often a challenge for ETH members who have children or relatives requiring care. ETH Zurich offers free coaching and advice to help employees and students balance their work and family life.

What we offer

ETH Zurich finances up to two coaching or consultation sessions with a certified consultant from *Fachstelle UND* for ETH members. Three forms of coaching are available:

- Telephone consultation for approx. 30 minutes
- Face-to-face consultation for individuals for 60 minutes
- Face-to-face consultation for couples for 90 minutes

The face-to-face consultations take place in Zurich on the premises of *Fachstelle UND*.

This offer is part of a pilot project and is valid until the end of 2022.

Topics

- Optimising work-life balance
- Shaping your life and career as a parent
- Coordinating further education, career and workload
- Starting a family, pregnancy and parenthood
- Dividing household duties between partners
- Organising childcare
- Dealing with family emergencies
- Helping supervisors promote work-life balance amongst staff members

Beneficiaries

Employees and students enrolled at ETH Zurich are eligible for this offer.

Guest lecturers, long-term stays, academic guests and external lecturers of ETH Zurich are not eligible.

Coaches/consultants

The coaching is conducted by qualified consultants from *Fachstelle UND*.

Application procedure

ETH members may contact *Fachstelle UND* directly and arrange a free consultation appointment.

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Billing

Fachstelle UND invoices ETH Zurich directly for the agreed coaching and consultation services.

Data protection

The consultations are confidential. *Fachstelle UND* documents the concerns of clients in an anonymised manner and provides ETH Zurich with an evaluation at the end of the pilot project.

More information

www.hr.ethz.ch/downloads > Infos | Information sheets
www.ethz.ch/employment | Employment & work
www.ethz.ch/flexible-working | Flexible working
www.ethz.ch/maternity | Maternity
www.ethz.ch/elder-care | Elder care
www.ethz.ch/hellokids | Service point for childcare
www.kihz.uzh.ch/en/kihz-flex.html | Flexible, temporary childcare
www.ethz.ch/equal | Equal opportunities
www.ethz.ch/students > Advice | Student advisory service