“Your Success and Wellbeing at FAU – Tools and Contacts: Office for Equality and Diversity”

Your Success and Wellbeing at FAU

- **Your success is key**
- **Your wellbeing matters to us**
- **How do we support?**
- **How can you contribute?**

Source: freepik

The Office of Equality and Diversity:

- The central institution at FAU dealing with equal opportunities, diversity and antidiscrimination

EQUALITY

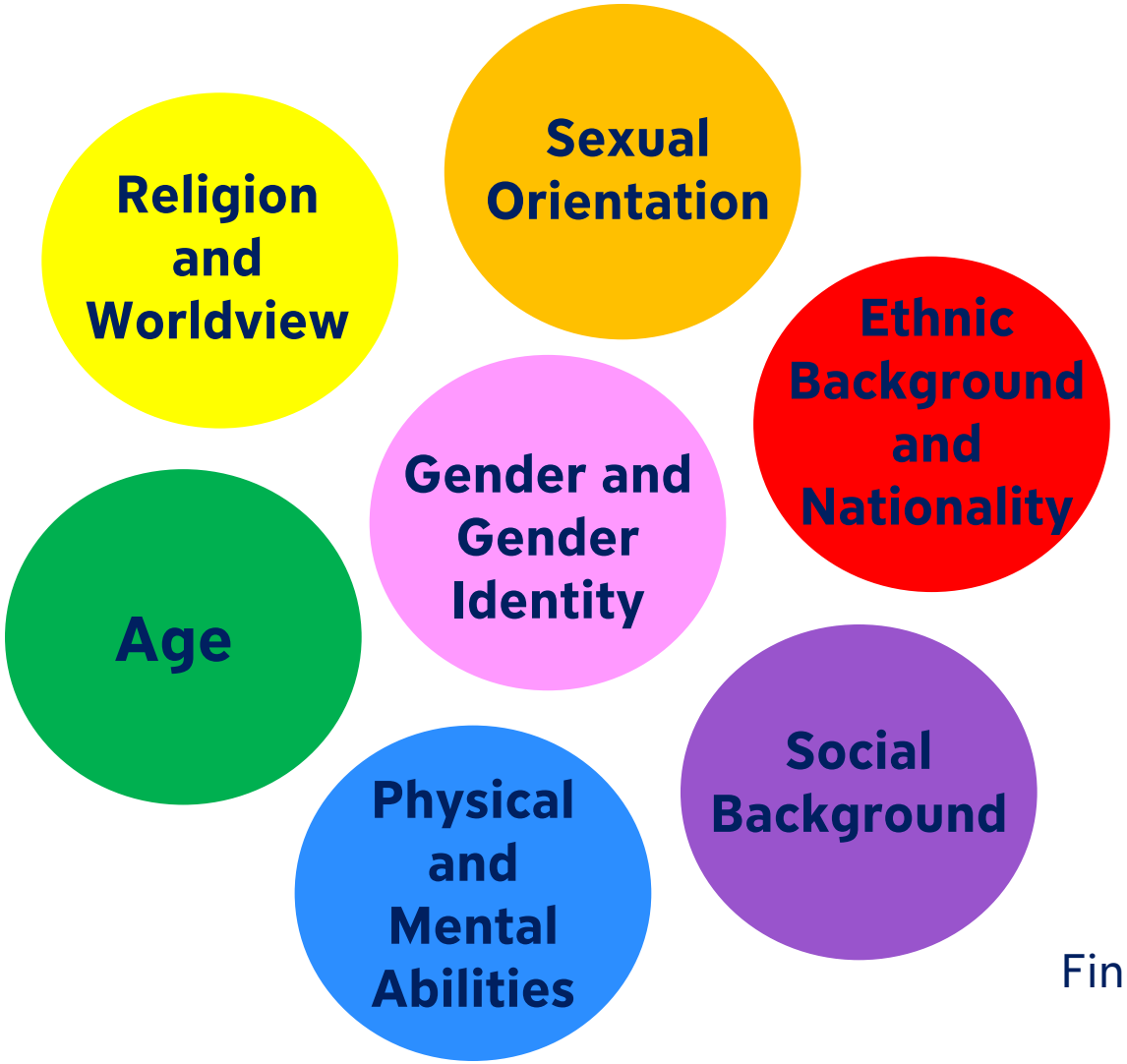
DIVERSITY

COUNSELING

Source: freepik

Diversity Management: FAU's Strategy and Fields of Action

https://www.equality-and-diversity.fau.eu/

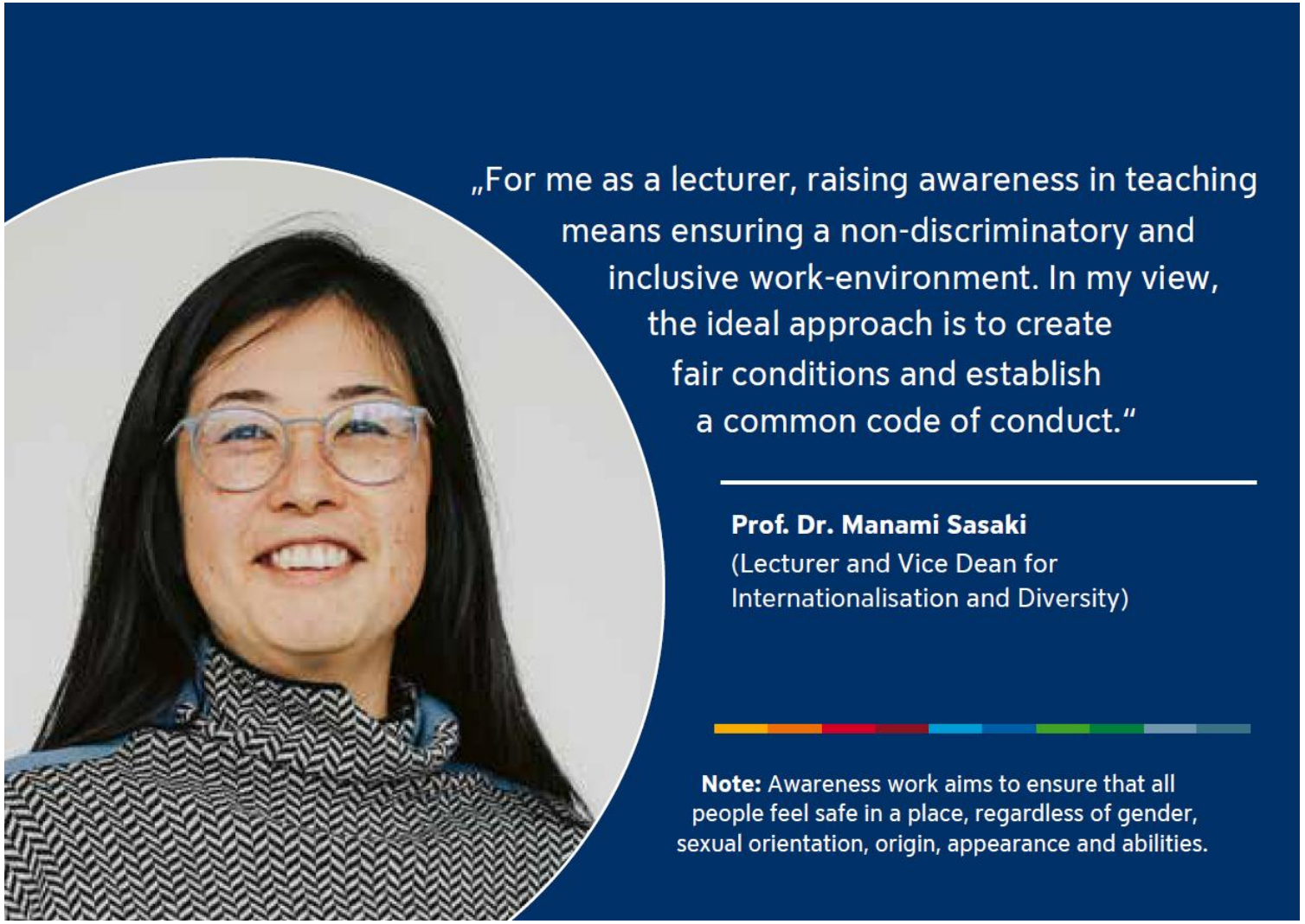


Find FAU's Diversity Concept here!

Be Aware – Shaping a Respectful University Culture at FAU

Find FAU's Awareness Toolbox here:

Be Aware – Shaping a Respectful University Culture at FAU



„For me as a lecturer, raising awareness in teaching means ensuring a non-discriminatory and inclusive work-environment. In my view, the ideal approach is to create fair conditions and establish a common code of conduct."

Prof. Dr. Manami Sasaki
(Lecturer and Vice Dean for Internationalisation and Diversity)

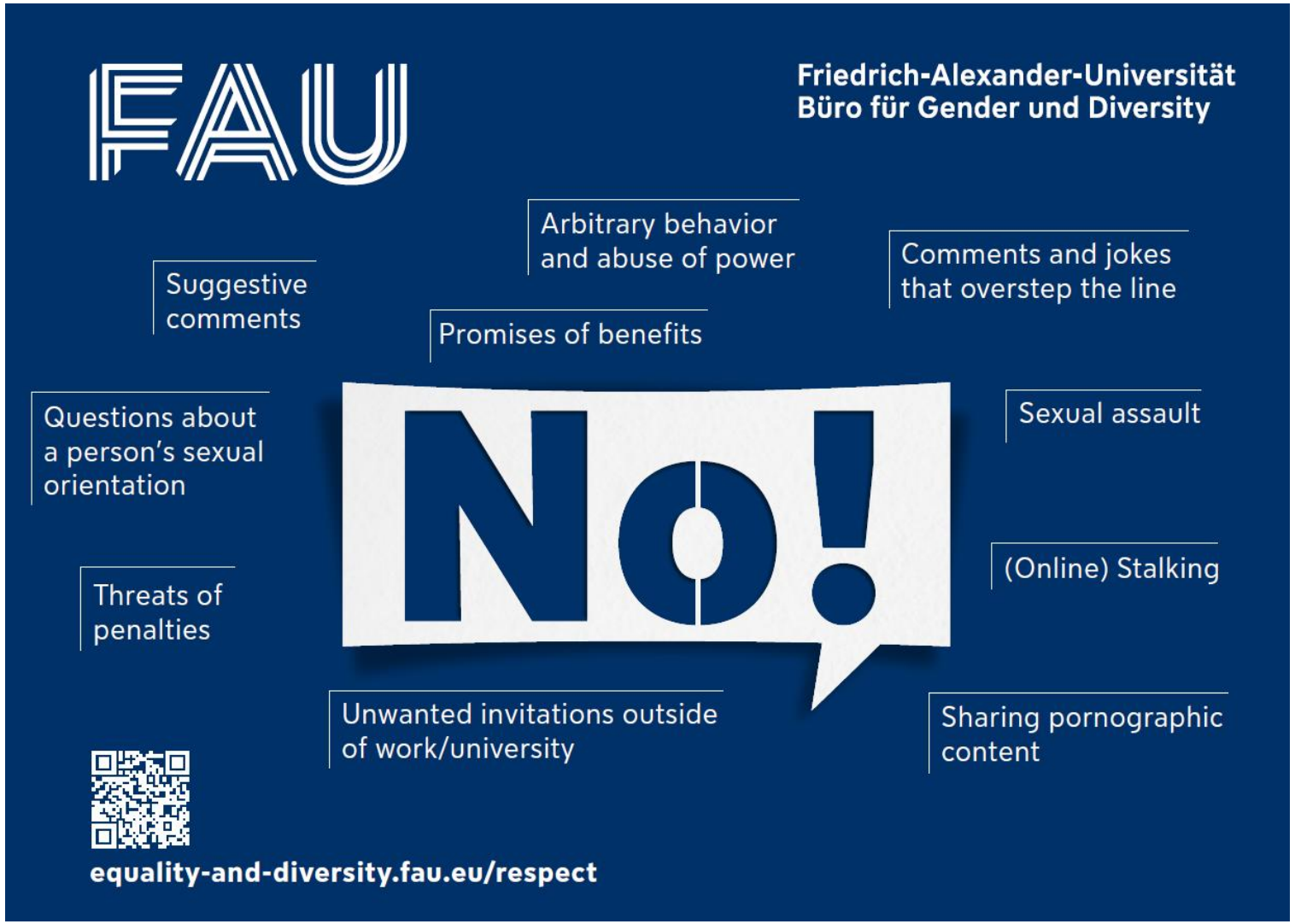
Note: Awareness work aims to ensure that all people feel safe in a place, regardless of gender, sexual orientation, origin, appearance and abilities.

Find FAU's Awareness Toolbox here:

Networking at FAU

Find more Student Departments and Working Groups here:

#FAUrespect – No Discrimination in Academia



FAU

Friedrich-Alexander-Universität
Büro für Gender und Diversity

#FAUrespect

Respecting boundaries – Reporting misconduct

FAU promotes a climate of solidarity and has a zero tolerance approach towards harassment and discrimination of any kind.

You have the right to a safe working and studying environment.

The Office of Equality and Diversity offers anonymous and confidential initial points of contact and counseling services.

equality-and-diversity.fau.eu/respect

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Wellbeing at FAU – You need Help?

Harriet Ziegler

Diversity Management

Contact Person for cases of Discrimination and Sexual Harrassment

Office of Equality and Diversity

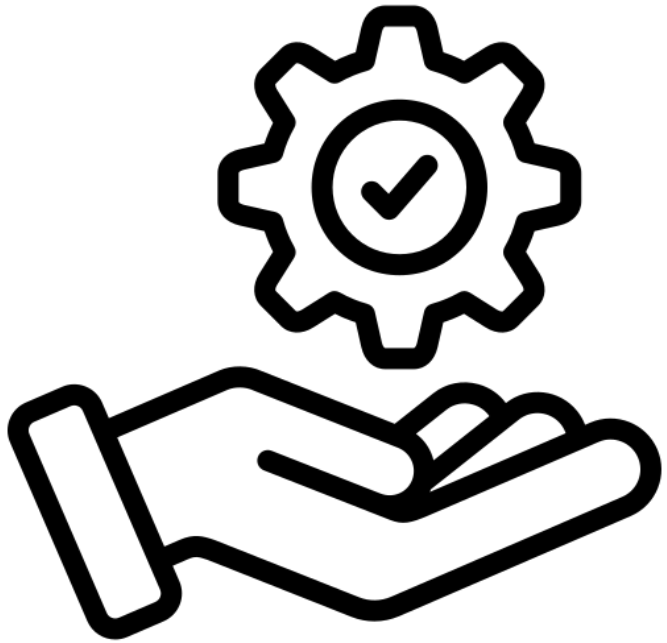
tel.: +49 9131 85-24728
mobile: +49 152 06490141
e-mail: harriet.ziegler@fau.de
https://www.gender-und-diversity.fau.de/

Your success at FAU

We want you to thrive at FAU!

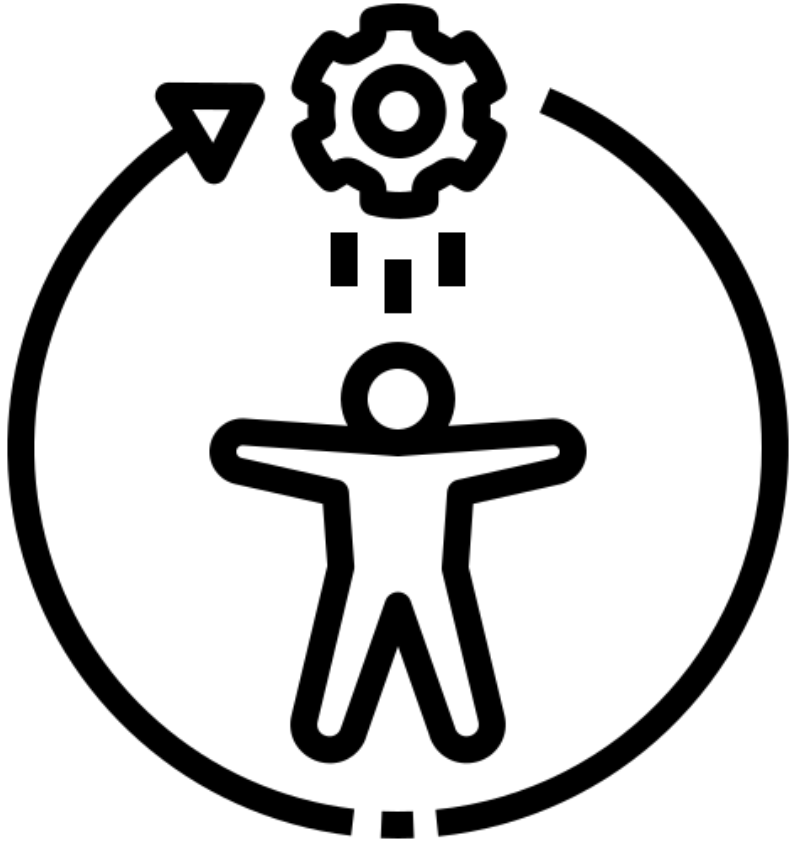
Your success at FAU

Autonomy



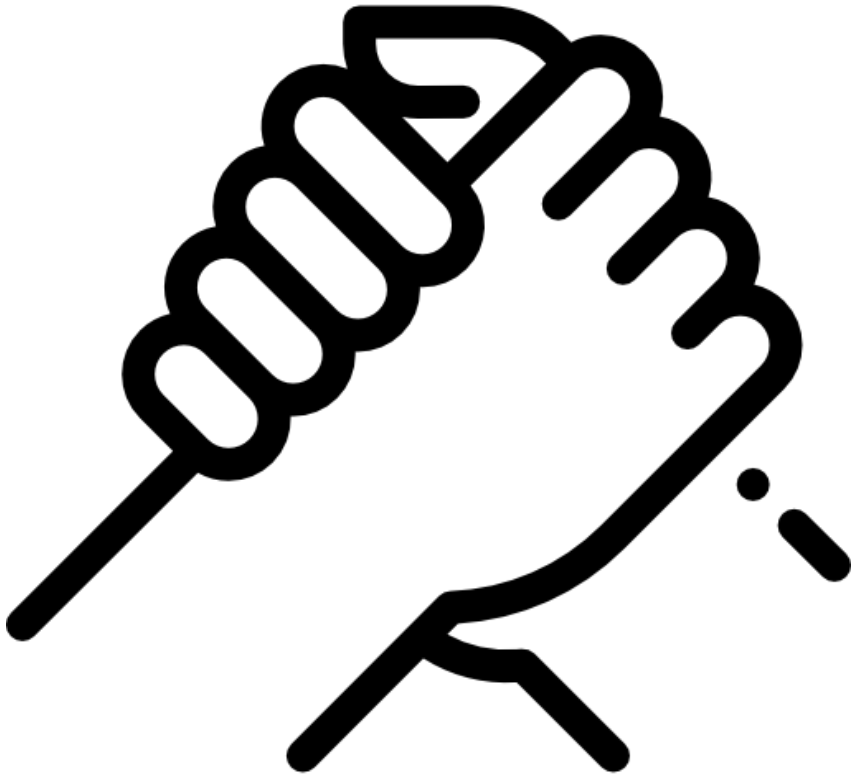
How you can contribute:

Autonomy and personal responsibility:
You are in the driver seat!



Self management

- Identify priorities
- Develop timelines and to do lists
- Allocate time to tasks
- Identify conflicts and risks for feasibilty early
- Become aware of time wasters
- Work on tasks you do not like first



Autonomy does not mean you will be left alone!

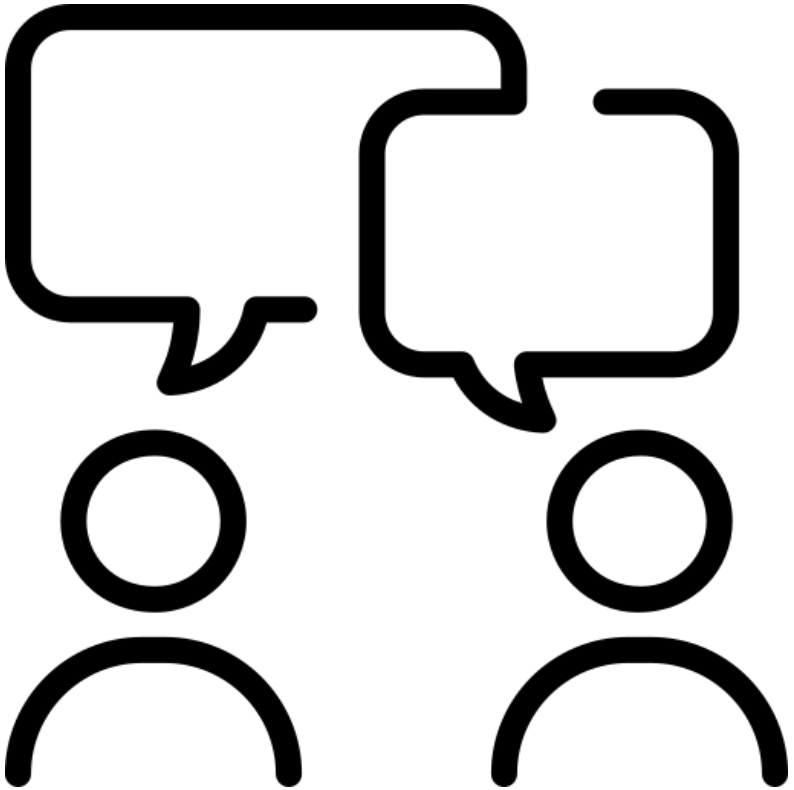
In case you are stuck, seek support

Do not hesitate to ask for it!

If people do not offer help from their side, this does not mean they are not willing to help!

Your success at FAU

Communication



Communicate challenges, problems and delays timely and proactively

If you communicate indirectly, (German) counterparts may not get your point

When you ask for support, suggest possible solutions from your side (indicates autonomy and personal contribution).