

selfcare

Why it´s important to take care of yourself

INSITE-Talk for employees, executives, functionaries and members of our client companies

Are you good to yourself? Do you take care of your physical and mental well-being? Do you take your own needs seriously?

If you are self-caring, you treat yourself like a good friend. However, we often forget to take good care of ourselves in the midst of all the tasks and duties at work and in the family.

Yet this is necessary to stay healthy and productive in the long term. In this live talk, we want to look at what self-care actually means, what it can mean for each individual and how we can incorporate supportive and beneficial activities into our everyday lives.

Possible topics and questions can be:

- What does self-care mean?
- What can we do to be more true to ourselves again?
- How can we take care of ourselves in everyday life without neglecting other tasks?

our expert:





Katharina-Sophie Rohlfing

Psychologist (M.Sc.)
Psychological Psychotherapist
(CBT)
EAP Consultant at INSITE

Questions to our expert and an exchange with the other participants via the chat (anonymous possible) are welcome!

We look forward to your participation!

Key figures of the live-talk:

Technical requirements	Dial-in via a laptop or cell phone with loudspeaker function (headphones if necessary) - alternatively audio dial-in via telephone
 Course	Time duration: 60 minutes Maximum 1000 participants Zoom webinar with prior registration
Costs	Free
Registration	<p>Please register using the link below</p> <p>tuesday, 19.12.2023, Start: 4 pm</p> <p>register here</p>  <p>After successful registration you will receive your individual registration link by e-mail.</p> <p>Anonymous participation is possible (see FAQs). We would like to inform you in the context of using Zoom as a video tool that the data you provide (name, email address) will be transmitted to a third country, as Zoom is an American company (like Microsoft, Outlook, GMX, Google, Apple, etc.). For marketing purposes, this video is recorded.</p>

Organisational matters and FAQs for INSITE Talk

- **I don't have a Zoom account. Can I participate anyway?**

Yes, after you have registered for the Live-Talk, you will receive a participation link from us by e-mail. You can participate via your browser. It is not necessary to download the Zoom app, but it may provide a more stable user experience.

Is there a browser recommendation for using Zoom?

Chrome, Safari, IE/Edge, Firefox

- **Will there be video and audio transmission from me?**

In principle, you can decide for yourself whether to activate your camera and/or microphone. If you wish, you can be a passive participant. Depending on the format and number of participants, the host will make a short technical introduction at the beginning and, if necessary, mute and/or ask you to (de)activate your video.

- **I do not want my name to appear. Is this possible?**

You can register with a pseudonym. It is only important to provide your correct e-mail address so that we can send you the participant link.

- **What are the security and data protection policies at Zoom?**

Due to the strong increase in demand of Zoom Online Meetings, Zoom has upgraded in terms of security. The server location of our licence is in Europe and therefore complies with European data protection standards. In addition, as a participant you can only take part in the online meeting by entering a password, which will be sent to your personal e-mail address after you have registered. Each participant is admitted individually from the waiting room by the meeting host. In this way we can ensure that only registered participants can enter the virtual room.

- **Is it possible to participate by telephone?**

Yes, along with the link, telephone dial-in details will be sent to participants. This option is only necessary if your mobile device does not have an audio channel.

- **When should I log in?**

Preferably a few minutes before the official start time. You wait in a virtual waiting room until the host lets you enter.