LIVE-TALK

Silent night, holy night

Challenges during the Christmas season

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

For most people the Christmas season is a time of anticipation and joy. At the same time, we often find it especially demanding. Shortly before the end of the year, a lot seems to come together: work that still needs to be finished, appointments, celebrations, and tasks that are meant to be squeezed in on the side. Those who buy presents, plan menus, and organize much in the background often carry more than meets the eye. And our budgets and our own energy also deserve careful consideration during this time.

On top of that, there are wishes and expectations that everything should be harmonious and "perfect." That not every idea fits together is completely human, and so disagreements are part of the season for many families.

In our live talk, we will discuss how we can approach the holidays with more calm. It is not about doing even more, but about recognizing that we can decide for ourselves what truly matters and what a Christmas can look like that does us good.

Our expert:



Katrin Guist

Child and adolescent psychotherapist
Counsellor at INSITE

Questions to our expert (anonymous) are very welcome!

We look forward to your participation!

© INSITE-Interventions GmbH

LIVE-TALK

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	Duration: 60 minutes ON24-webinar with prior registration
Costs	Free
Registration	Please register using the link below: Tuesday, December 15, 2026, start: 10 am register here After successful registration you will receive your individual registration link by e-mail. Anonymous participation is possible. For this Live-Talk we use On24 – a platform for virtual events (see FAQ)

© INSITE-Interventions GmbH

LIVE-TALK

Organizational matters an FAQs about the INSITE-Talk

- Do I have to download anything to participate via ON24?
  No, participants do not need to download any software and can take part conveniently via their browser. After you have registered for the live talk, you will receive a participation link by E-mail, which you can simply use to dial in at the time of the live talk.

- Is there a browser recommendation for using ON24?
  Chrome oder Edge

- Will there be video and audio transmission form?
  No. Our live talks are recorded so that they can be made available to as many interested parties as possible afterwards. The setting of ON24 ensures that all participants are automatically connected without video and audio.

- I do not want my name to appear. Is this possible?
  All participants are automatically anonymized by the system. You just have to provide a correct E-Mail address so that we can send you the participation link.

- What are the security and data protection policies at ON24?
  The ON24 platform works on the basis of the GDPR. For more information, see www.on24.com/gdpr

- Is it possible to participate by telephone?
  Yes, every Live-Talk can also be started via mobile devices.

- When should I log in?
  Our ON24 platform is open to all participants from 15 minutes before the respective start time.

© INSITE-Interventions GmbH