



LIVE-TALK

ALWAYS TRYING TO BE PERFECT?

Finding serenity within yourself

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

We all know that: Nobody is perfect, making mistakes is normal and weaknesses are human and even likeable. And yet we often find it difficult to be generous and relaxed with ourselves. We then place the highest demands on ourselves, try to avoid mistakes at all costs, hide weaknesses and optimise ourselves. But this perfectionism is exhausting and can be an enormous mental burden.

And then there's the fact that perfectionism is frowned upon. The mantra of our time is to surf through life in a casual, relaxed and easy-going manner. And so, in addition to the pressure of wanting to do everything perfectly, there is also the idea of doing it effortlessly.

In this live talk, we want to take a closer look at what might be behind wanting to be perfect all the time, how we deal with mistakes and failure in our society and, above all, what each individual can do to deal with themselves more calmly.

Because if I learn to accept my own mistakes and weaknesses, maybe that means I can stay the way I am? Doesn't that sound relaxing and beneficial?

Our expert:



Latifa Baddour
Psychologist
Business Coach (DBVC-, ICF-certified)
Mediator (IKOM-certified)
Counsellor
Trainer



Questions to our expert (anonymous) are very welcome!

We look forward to your participation!



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	<p>Please register using the link below:</p> <p>Thursday, 19.12.2024, 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.</p> <p>For this Live-Talk we use On24 – a platform for virtual events (see FAQ)</p>



LIVE-TALK

Organizational matters and 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.