



LIVE-TALK

FOMO

The fear of missing out

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

Social media gives us insights into the lives of others on a daily basis. It allows us to see what others experience and we don't. This raises questions: Is my life more boring than that of others? Wouldn't I rather experience what others are doing? Strolling through New York with a latte macchiato is much more exciting than walking along the river Alster with a cappuccino, isn't it? What if I miss something? Shouldn't I...? Shouldn't I...?

And there it is - the fear of missing out. In short: FOMO. A term that has become increasingly prevalent in recent years and now concerns many people. But what exactly is behind FOMO?

In this live talk, we will address many questions about FOMO and clarify what effects FOMO has on mental health, how you can recognise whether you yourself are affected and what coping strategies are available.

Our expert:



Katharina-Sophie Rohlfing
M. Sc. Psych.
Psychological psychotherapist
EAP counselor at INSITE

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	Please register using the link below: Thursday, 10.04.2025, 11 am <u>register here</u>  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)



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.