



LIVE-TALK

SLEEP WELL AND SWEET DREAMS

No more counting sheep!

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

A good night's sleep is not only important for physical regeneration. Our brain also needs a good night's rest for important clearing and cleaning work.

Especially in stressful and challenging phases, we need the peace and quiet of the night, but often experience exactly the opposite: problems falling asleep and staying asleep. Our thoughts go round in circles and we are unable to rest. Sleep research emphasizes that our own behaviour can contribute a lot to a good and restful sleep.

This live talk will take you on a short journey into the world of sleep and give you practical and easy-to-implement tips and tricks to improve your sleep.

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!



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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, 24.10.2024, Start: 11 am</p> <p>please 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>



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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.