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Work:Life Topics & Events

November 2026

Professional employee support in all situations



pme.link/topspeaker

TOP Speaker:innen

Our TOP webinars for you!

Nina Ruge: How we are redefining aging

Must we accept aging as an inevitable downward spiral? Nina Ruge, well-known TV presenter, entrepreneur and bestselling author, provides a lively overview of the current state of longevity research.

Let their expertise inspire you and discover how you can actively embrace aging. A must-read for anyone who wants to consciously shape their healthy life.

Date: 11/11/2026 • 18:00-19:30 • Webinar

Register

About Nina Ruge

As the author of several bestsellers, she made a name for herself as a science journalist specializing in Healthy Longevity from 2018 onwards.

Nina Ruge provides well-founded insights into how the individual “healthspan” – the time in which you are healthy and vital – can be extended into old age.



Life situations

Calmness can be trained

In this humorous yet insightful presentation, we will look at stress from a completely new perspective: not as an opponent you have to defeat, but as a dedicated employee who has simply been poorly trained.

Discover that serenity is not an innate talent, but a trainable skill – and how your brain plays a part in it.

Date: 02/11/2026 • 16:00-17:00 • Webinar Register

Deciphering emotions, developing empathy: Rethinking leadership

This one-hour presentation demonstrates how leaders can leverage emotions as a valuable resource in their daily work. The focus is on a clear understanding of emotional signals, an accessible approach to empathy, and its importance for successful communication. Practical insights are provided to strengthen trust, defuse conflicts, and foster a respectful work environment – concise, inspiring, and directly applicable.

Date: 05/11/26 • 11:00-12:00 • Webinar Register

Knowledge tidbits: The exhausted woman

Do you feel exhausted from juggling family, career, and your own needs? Many women juggle multiple roles, often due to societal expectations and structural conditions. In this four-part series of bite-sized insights, four pme life coaches offer you insights and practical strategies for more energy and balance. Learn to recognize your needs, set boundaries, and develop stress-relief strategies.

Date: 05-26/11/2026 • 14:30–15:00 • Webinar Register

The Power of Mantra – Autogenic Training in the Morning

Learn the art of self-relaxation with our morning course. It offers you the perfect opportunity to start your day with calm, clarity, and renewed energy. Through gentle and targeted exercises, you will not only promote physical relaxation but also strengthen your mental well-being.

Date: 06.-27.11.2026 • 08:30–09:00 • Live Course **Register**

Knowledge Bites – Psychology Crash Course II

In this crash course, you'll learn more about how our brain works and the tricks it regularly plays on our thinking. You'll also discover how attention functions and gain a better understanding of human memory. The final unit explores the psychological foundations of our self-awareness.

Date: 06-27/11/2026 • 12:00-12:30 • Webinar **Register**

2-Week Challenge: Menopause

Menopause is not an end, but a new beginning. And yet, it brings real challenges. In short sessions, you'll learn which psychological strategies can help you and how targeted nutrients can support hormonal changes. Daily group discussions provide you with support, motivation, and the feeling that you're not alone.

Date: 09-20/11/2026 • 11:45-12:00 • Webinar **Register**

Tired and no libido: Is testosterone lacking?

Testosterone is one of the most discussed hormones of our time – sometimes celebrated as a “fountain of youth”, sometimes demonized as a doping agent.

Dr. Christoph Keining has been studying the evidence behind the hype for many years and explains in the interview when a deficiency should really be treated, why men go for preventive check-ups less often and what this has to do with mental health.

blog **Read more**

How we can deal with tension at work

Tensions often announce themselves early on. Those who recognize the signs and act in time can build bridges, set boundaries, and prevent further escalation.

In this webinar, you will learn about Friedrich Glasl's stages of conflict and discover the best time to address them. You will reflect on what triggers difficult situations in everyday work, how to use anger constructively, and how to conduct clear, respectful, and solution-oriented conversations.

Date: 11/11/2026 • 12:00-13:00 • Webinar **Register**

Emotional intelligence in the workplace

Too much drama at work? Another typical Monday? Don't worry – our ZAI trainer, Wolfgang Boy, is here today as your elevator operator, guiding you through the daily emotional rollercoaster. In this humorous presentation, we'll show you how to navigate the ride most effectively, when it's best to get off, and how to speed up your journey to the penthouse. An elevator ride for more productivity, humor, and ease in your professional life.

Date: 12/11/2026 • 15:00–16:00 • Webinar **Register**

Communication in times of psychological stress

Mental health issues have long been a part of our everyday lives – in teams, families, and circles of friends. In this virtual training course, you will learn to better perceive warning signs, listen actively, and initiate conversations.

You'll receive insights from Mental First Aid to help you react empathetically, calmly, and solution-oriented in difficult situations. We'll discuss inhibitions, helpful communication strategies, boundaries, and how we can empower people instead of treating them. Clear, human, and practical – for greater confidence, connection, and supportive interaction.

Date: 16/11/2026 • 12:00–13:00 • Webinar **Register**

Let friendships blossom

A garden needs care. It needs time, attention, and good conditions to grow and thrive – just like our relationships.

This presentation will show you how to build trust and consciously cultivate and deepen friendships through relationship-strengthening communication. Discover practical strategies for making new contacts and maintaining long-lasting, resilient friendships that will support and guide you through challenging times.

Date: 18/11/2026 • 18:00-19:00 • Webinar **Register**

Women and stress: Lowering cortisol levels through diet and lifestyle

Learn how you can sustainably regulate your cortisol levels – the so-called stress hormone – through conscious nutrition and simple lifestyle habits.

We draw on current scientific findings and offer practical tips that can be easily integrated into everyday life. This will help you better manage stress-related physical and mental strain, strengthen your resilience, and find more inner peace and serenity.

Date: November 19, 2026 • 11:00–12:00 • Webinar **Register**

Men and ADHD

This presentation is aimed at men who suspect they may have ADHD or who have already received a diagnosis. It addresses typical symptoms and everyday situations in which ADHD becomes apparent and explores its connection to self-harming behavior, performance problems at work, and challenges in romantic relationships.

You will receive concrete, practical strategies for self-management, guidance on when medication may be useful, and recommendations for a sustainable, self-caring lifestyle.

Date: 23/11/2026 • 12:00–13:00 • Webinar **Register**

Dealing with Tinnitus

Are you familiar with the feeling that everything is buzzing around you and you are particularly sensitive to noise? Have you ever had a throbbing in your ears or even suffer from continuous ringing?

In this webinar, you will receive information on the background and possible causes of tinnitus. You will learn about the connection between tinnitus and stress and why the two are so interdependent. We will also look at possible tips and coping strategies that can help you live with your ringing in the ears.

Date: 23.11.2026 • 16:00-17:00 • Webinar  **Register**

Unconscious biases – consciously questioning one's own patterns

This presentation will explore how unconscious biases arise and how social identities, privileges, and societal conditioning influence our behavior. You will examine typical thought patterns and identify hidden mechanisms that can come into play when working with diverse individuals.

The goal is not to eliminate prejudices completely. The crucial point is to recognize them early, reflect critically on them, and act more fairly and sensitively to diversity, step by step.

Date: 24/11/2026 • 10:00–11:00 • Webinar **Register**

A conflict-free start to the contemplative season

We explore why we have such high expectations for the (pre-)Christmas season and how unspoken wishes put us under pressure in advance and inevitably lead to conflicts.

Together we'll discover strategies for a stress-free celebration, and you'll also learn how to react calmly in certain moments. So that nothing stands in the way of the festive Christmas you've always dreamed of!

Date: 25/11/2026 • 12:00–13:00 • Webinar **Register**

Morning yoga: Time for yourself

Four 60-minute sessions, live and online: In this series, you can give yourself conscious breaks on the last four Thursdays before Christmas and find inner peace and mindfulness through gentle Yin and breathing exercises.

Especially during the Advent season, it's easy to lose your natural rhythm. Calm, long-held postures release tension, soothe the nervous system, and consciously create space for reflection – the perfect counter-movement to the hustle and bustle of the Advent season. Accompanying breathing exercises help you let go of everyday life and fully arrive in the present moment.

All poses are shown in variations, for beginners and experienced yogis.

Date: 26.11.-17.12.2026 • 07:30–08:30 • Live Course Register

Strategies to combat mental load during Advent

Interactive presentation for everyone who wants to reduce the annual pre-Christmas stress – with suggestions on how the contemplative time can truly be contemplative this year.

Cookies, gifts, appointments: Advent often brings additional tasks, especially for those who have a lot to organize in their family or professional lives. Mental load – the invisible mental work – increases noticeably during the pre-Christmas period.

This presentation will provide you with ideas and strategies on how to reduce this pressure, so that this year's holiday season can truly be reflective.

Date: 26/11/2026 • 12:00–13:00 • Webinar Register

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“Bright to stormy”
The everyday life podcast with Olli Schmidt



Why do many people find it difficult to keep track of their money – and what does that have to do with Klarna, ADHD, and above all, their own beliefs?

In the podcast, Claudia Müller, financial expert and founder of the "Female Finance Forum", shares concrete approaches and tips for more financial security – from automatic saving to the first steps in retirement planning.

Listen now...

Age & Care

Dementia, the creeping forgetfulness

Dementia presents significant challenges for those affected and their families. Learn how you can better understand the disease and provide support.

Our expert presentation offers in-depth insights into the different forms and phases of dementia. Learn how to recognize early signs and understand the progression of the disease.

In addition to current medical information, there are also practical tips on how to deal with affected relatives and how to relieve the burden on caregivers.

Date: 09/11/2026 • 18:00-19:00 • Webinar Register

“I can do it myself!” – When parents refuse help

When family members who are ill or in need of care vehemently refuse support, a tension arises between self-determination and the need for help.

This presentation explores perceptions of help, fears of losing control, and moral questions. Learn to understand the reasons for rejection. We will develop strategies for dealing with opposition and negotiating support through compromise.

Develop a sense for the right time to talk and for respectful, empathetic communication. A focus is also placed on your own limits and burdens as a helper. Learn how essential self-care is and how professional support can assist you.

Date: 17/11/2026 • 12:00-13:00 • Webinar Register

Inheritance and bequests

Inheritance disputes have severely strained many families and friendships. Anyone wishing to avoid this should inform themselves in good time about the rules and options regarding inheritance and bequeathing.

What can I do if I want to distribute my inheritance differently than stipulated by law? What should I consider when drawing up or revoking a will or inheritance contract? What are the advantages and disadvantages of a joint will for spouses, also known as a Berlin will? How can I protect myself from inheriting debts?

Date: 25/11/2026 • 18:00-19:30 • Webinar **Register**

Self-care during Advent

The Advent season is meant to be a time of reflection – but for family caregivers, it often becomes an additional burden. Between caregiving, housework, and Christmas preparations, there's a risk of neglecting oneself.

In this presentation, we will show you how to recognize and manage multiple stressors. You will learn concrete self-care strategies that are practical even in stressful times, and how to activate your personal resources – to get through the pre-Christmas season feeling stronger.

Date: November 30, 2026 • 15:00-16:00 • Webinar **Register**

Long-term care reform 2027: What will change in long-term care insurance?

The social long-term care insurance system is under massive financial pressure. For several years now, expenditures for long-term care benefits have significantly exceeded contributions.

The aim of the reform is to financially restructure and thus stabilize the system. At the same time, the reform is intended to help secure long-term nursing care.

blog **Read more**

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Free: Online yoga all year round



Enter now!

Live every Tuesday at 8 pm or recorded on YouTube. Featuring exercises tailored to workplace-specific strains, such as shoulders, back, and neck.

Exclusively on our YouTube channel:
youtube.com/@familienservice/streams

Parent & Child

How healthy eating strengthens your children's concentration

We take an educational look at the eating habits that shape children in everyday life and analyze their effects on their behavior, attention span and general well-being.

You will learn how to provide support as an adult in the educational environment. Our focus is not solely on strict dietary rules, but on realistic and practical ways to establish healthy routines.

Date: 03/11/2026 • 16:30-17:30 • Webinar **Register**

The loving parental "no"!

Boundaries provide children with orientation and support – but in everyday family life, many parents reach their own limits.

This presentation offers a new perspective: Instead of walls and prohibitions, the focus is on one's own needs and personal boundaries. It's about developing an early warning system, leading authentically, and approaching children with clarity and love.

Date: 04/11/2026 • 18:00-19:00 • Webinar **Register**

Tips for blended families

Patchwork families are challenging because they require the merging of multiple life stories, roles, bonds, and expectations – without clear societal role models.

In this article, consultant Katrin Bachleitner gives recommendations on how living together in patchwork families can succeed and what is particularly important in this regard.

blog **Read more:**

When family changes – Getting through the separation well

Separations and divorces are often a huge strain on the whole family. In this presentation, we will explore the psychological background and show practical ways in which parents can actively and sensitively navigate the separation process. We will examine the phases of a crisis and offer suggestions on how families can use this change as an opportunity for a new beginning – even when they feel completely drained.

Date: 10/11/2026 • 11:00-12:00 • Webinar **Register**

Live parent coaching with Dr. Renz-Polster

In our parent coaching format, Dr. Herbert Renz-Polster addresses your submitted questions live on current topics concerning your children. Join us as we interpret children's signals, understand developmental milestones, and seek resource-oriented solutions. The focus is not only on the various aspects of family life, but also on the individuals involved, such as the parents, the child, and the entire family.

Date: 11/11/2026 • 12:00-13:00 • Webinar **Register**

Guidelines for successful multilingualism in families

Supporting a child in a bilingual or multilingual environment is enriching, but it also brings questions and uncertainties.

In the webinar, we will jointly examine how the immersion principle works in theory and practice, the central role that the mother tongue plays in providing security and learning, and how multiple languages can be well integrated into everyday life.

Date: 13/11/2026 • 1:00-2:00 p.m. • Webinar **Register**

Better understand children's sleep

This presentation offers practical insights into the world of children's sleep. You will learn how sleep develops in the first years of life, why waking up at night is perfectly normal, and what needs underlie your child's behavior. This knowledge will help you better understand your child and deal more calmly with challenging nights.

Date: 16/11/2026 • 12:00-13:00 • Webinar Register

Why self-care makes parents strong

We will explore how stress and exhaustion arise, what they do to us and our children, and how small, realistic changes in daily life can lead to greater balance and energy. Afterwards, you will have the opportunity to exchange ideas and gain practical suggestions and new perspectives to help integrate self-care into family life.

Date: 17/11/2026 • 14:00-15:30 • Webinar Register

Acceptance & Understanding – ADHD in Children

This presentation is for all parents of children with ADHD. Gain a deeper understanding of ADHD, discover your strengths, and learn strategies for a harmonious family life. The goal is to encourage you as parents and provide practical tips for greater acceptance, understanding, and joy in your family life. Your role as your child's primary caregiver is crucial for their positive development.

Date: 18/11/2026 • 10:00-11:30 • Webinar Register

Defiance and resistance in children

Are rules being met with resistance? Learn what's behind it and how to react wisely when your child or partner is being stubborn. In this wonderfully refreshing presentation, Nicole Klenk (familylab seminar leader and coach) reveals how to understand this resistance and, above all, how to deal with it constructively and defuse it.

Date: 24/11/2026 • 11:00-12:30 • Webinar Register

Law & Finance

Money & Love: Finances in a Relationship (5)

Do you want to put your relationship on a sound financial footing – both in everyday life and for the future? In a crisis, we're already feeling emotionally drained; then we're grateful if the finances are in order.

This presentation will provide you with the necessary knowledge to create financial security in your partnership. Another important aspect is planning for your children's future, which you will also be able to address purposefully after this presentation.

Date: 03/11/2026 • 18:00-19:30 • Webinar Register

Finance for people over 50 (6)

Do you sometimes feel lost in the financial chaos? Is retirement looming, and at the same time, do you feel left behind by younger generations? Then you've come to the right place! We'll explore the specific challenges and opportunities of financial planning at different stages of life.

Specifically, this presentation covers: financial planning when retirement is approaching; a focus on the withdrawal phase: how long will your money last?; navigating the online banking jungle; and investment strategies for the younger generation.

Date: 10/11/2026 • 18:00-19:30 • Webinar Register

Retirement provision for the younger generation

At 20, very few people think about their retirement. Why would they? Retirement age seems many years away. But in 30 to 40 years, the state pension alone will hardly be enough to maintain your accustomed standard of living in old age. Those who start saving privately for retirement early benefit most from the power of compound interest.

blog Read more

Debt-free through personal bankruptcy?

This webinar is for anyone who wants to learn more about personal bankruptcy. It doesn't matter whether you or someone you know is affected by debt. We'll explain how to regain control of your finances, how the court-ordered debt collection process works, what to do if you're contacted by debt collection agencies or bailiffs, and what role the Schufa credit agency plays.

In the following sections, we will show options for debt settlement and explain in detail the process of personal insolvency or consumer insolvency proceedings.

You will also learn what requirements must be met and what mistakes to avoid. Furthermore, we will discuss the advantages, disadvantages, and risks.

Date: November 13, 2026 • 16:00-17:00 • Webinar Register

Finance & Insurance for Trainees and Young Professionals

Your first job, your first paycheck, your first financial decisions: Starting your career is exciting, but also challenging. Which insurance policies do I really need? How do I keep track of my money? And when does it make sense to think about investing?

This presentation will explain how young people can make financial decisions step by step, build financial security, and develop healthy financial habits. They will learn what to consider when choosing insurance coverage, how to build savings, and why it's worthwhile to start investing early – even with small amounts.

Date: November 30, 2026 • 11:00-12:30 • Webinar Register



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Free webinars
for your work-life balance

The new man: Expectations between toolbox and fabric softener



Today, men are expected to be everything: strong, sensitive, successful, empathetic, resilient, humorous, mindful – and all the while remaining relaxed and cool.

How is that supposed to work? Between “Don’t be such a baby!”, “Men just can’t do that” and “Show some feelings!” there is often little room for authenticity.

This humorous and honest presentation explores the art of finding our authenticity – navigating between our own and the expectations of others. With a touch of humor, but grounded in scientific principles, we examine traditional gender roles, new demands, and the question of how men today can navigate life in a healthy, strong, and sensitive way.

Date: November 19, 2026 • 1:00 PM - 1:30 PM • Training/Exchange

Register



pme.link/ela

E-Learnings
Further training for employees

Children and media: Media use

Learn in 30 minutes how you can make your children's media consumption safe and meaningful in everyday family life.

Processing time: approx. 30 minutes

Register

Getting tired throughout the day

Feeling tired today? Here's how to get through it in 15 minutes and still achieve your goals.

Processing time: approx. 15 minutes

FOR FREE

Participate

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