



Work:Life Topics & Events December 2025

Professional employee support in all situations



pme.link/topspeaker

TOP Speaker:innen

Our TOP webinars for you!

Karin Kuschik: 5 sentences that make life easier

Karin Kuschik, coach and bestselling author of "50 Sentences That Make Life Easier", has a clear thesis: language is power – and everything between "Good morning" and "Good night" is decided in our words.

In her presentation, she introduces five phrases that can help us communicate more confidently, set better boundaries, and remain calm. Her phrase, "I still get to decide who annoys me," is more than just a mantra—it represents self-leadership in everyday life and business. Learn how to lift spirits, create clarity, or boost your own courage with a single sentence.

Date: 10/12/2025 • 19:00-20:30 • Webinar

Register

About Karin Kuschik

Karin Kuschik is an author, speaker, and business and self-leadership coach. For over 20 years, she has worked as a performance coach for executives, entrepreneurs, and celebrities. Her book, "50 Sentences That Make Life Easier," became a SPIEGEL bestseller in 2022.





Life situations

Cortisol Detox Challenge – Bye bye stress, hello well-being!

The pre-Christmas season is a particularly stressful time for many – full of appointments, obligations, and expectations. Now more than ever, it's important to consciously counteract stress and strengthen your inner balance. Our two-week challenge offers you a gentle yet effective reset for body and mind – with targeted sleep, nutrition, and relaxation routines. This will help you lower your stress levels, strengthen your resilience, and experience the Christmas season more consciously and with more energy.

Date: 01/12/2025 • 08:00-08:30 • Webinar

[Register](#)

Career first, then child...

Many women want to focus on their careers and personal fulfillment before thinking about starting a family. Or the right man for a baby might not come into their lives until later. The downside: From the mid-30s onward, hormone production declines, reducing the likelihood of ovulation in each cycle. This means it can take longer to conceive. This presentation will explore the options available to fulfill your desire for a child later in life and outline the steps involved.

Date: 01/12/25 • 11:00-12:00 • Webinar

[Register](#)

Midlife crisis – Is it already over halfway through?

Midlife crises are widespread and can derail both men and women – usually completely unexpectedly. All the better, then, if you address the potential existential crisis of middle age early on.

Key questions include: How does a midlife crisis develop, and how do I deal with it? And if you are currently facing one: What can help you? Or is your partner in this phase of life? Then: What should you pay attention to, how can you offer support, and how can you protect yourself?

This presentation invites you to reflect on various aspects of this test of resilience and to learn about best practices.

Date: 02/12/2025 • 12:00-13:00 • Webinar

[Register](#)



On dealing with depression

We encounter mental health challenges in both our private and professional lives – every single day! And yet, there is still great uncertainty, many misunderstandings, and common prejudices when it comes to interacting with affected individuals.

Our ZAI trainer, Wolfgang Boy, will speak about his experiences and his personal approach to the illness. His presentation aims to raise awareness of the topic by offering tips on interacting with and supporting those affected.

Date: 02/12/2025 • 17:00-18:00 • Webinar

[Register](#)

Menopause: an opportunity for a new beginning

Speaker Anna Kipp-Menke invites you to view menopause not only as a challenge, but as an opportunity.

Discover how a conscious lifestyle, self-help strategies, and a positive attitude can help you navigate this phase of life with energy and confidence. Look forward to ideas on how exercise, nutrition, relaxation, and self-care can support you in activating your inner strength and reinventing yourself during this time of change.

Look forward to practical tips, inspiring impulses and the opportunity to face menopause with renewed strength and zest for life.

Date: 03/12/2025 • 18:00-19:00 • Webinar

[Register](#)

What kind of work environment promotes neurodivergence?

In a work environment often designed around a "standard operating system," the talents of people with autism, high sensitivity, ADHD, or dyslexia can easily go unnoticed. However, workplaces and application processes can be adapted without significant effort to not only tolerate but actively foster diverse ways of thinking. Small changes can often have a significant impact on neurodivergent employees and benefit the entire company.

[blog](#) [Read more](#)



Mental load as a man?

This presentation demonstrates why addressing mental health issues as a man and seeking professional support through coaching or psychotherapy when needed is not a sign of weakness, but rather of strength. We will discuss how men can speak authentically about their challenges, how this can ease daily life, and how it can improve teamwork. The presentation will offer clear, practical advice to motivate men to take themselves and their mental health seriously.

Date: 03.12.2025 • 20:00-21:00 • Live Course

Register

How to communicate effectively in a professional setting

In many professional situations, speaking with clarity, presence, and conviction is crucial – whether in a meeting, a client conversation, or a presentation. But what truly makes communication effective?

This keynote speech offers food for thought and practical tips for effective communication. It focuses on three key success factors: building a strong connection with the other person, managing internal stress effectively, and using a powerful voice. The presentation provides opportunities for insights, short exercises, and inspiration for everyday communication.

Date: 05/12/2025 • 11:00-12:00 • Webinar

Register

Giving feedback, but how!?

Giving feedback is part of our professional and private lives. But how can I best do this in a way that the other person not only understands but also reflects what I'm really trying to say?

Nonviolent Communication provides us with a tool that can help us translate judgments and evaluations and identify the core of what motivates us. This presentation will explain exactly how this works.



Date: 08/12/2025 • 16:00-17:00 • Webinar

Register



My 2025 annual report

This presentation will give you an overview of what a year-in-review is, its potential benefits, and the tools you can use to create one that suits you. You'll have the opportunity to try out a year-in-review format yourself during the webinar. So, if you're looking for some time for yourself and want to reflect on the past year together, please join us.

Date: 09/12/2025 • 17:30-18:30 • Webinar

[Register](#)

Looking to the future: Making change possible

In this 60-minute webinar, we will use the transition into the new year not only for a brief review, but above all for a clear look ahead: What can change – and how can change be achieved sustainably?

Through insights from the retrospective format (Scrum), reflective questions, and short journaling sessions, you'll discover what change can mean for you in concrete terms. Together, we'll focus on what can grow in the new year – and what you need for that: clarity, inner alignment, and first actionable steps.

If you want to turn good intentions into concrete changes, then this webinar is exactly right for you.

Date: 11/12/2025 • 14:00-15:00 • Webinar

[Register](#)

5 simple tricks to beat the winter blues

Winter is just around the corner – and with it come cold weather, gray skies, and short days. No wonder many people's moods and energy levels are dropping. Perhaps you, too, are starting to feel the winter blues creeping in.

The good news: With a few simple tricks, you can regain your zest for life and actively shape the dark season.

[blog](#) [Read more:](#)



Constructive conflict resolution through mediation

When a conflict has escalated, mediation is often the only way to restore communication and the ability to work together between the conflicting parties. This presentation will provide concrete answers to the following questions: What is a conflict, and what types of conflicts exist? What are the symptoms of conflict at the different stages of escalation? What can I do in conflict situations? When should I seek external help in the form of facilitation or mediation?

Date: 12/12/2025 • 12:00-13:00 • Webinar

Register

Conducting conversations under stress at work

(Psychological) stress doesn't stop at the workplace door – and affects us all, directly or indirectly. How do we deal with it? And how do we even address it – respectfully, clearly, and without causing offense? This presentation focuses on communication techniques that neither suppress nor overwhelm: How do I recognize warning signs? How do I formulate appealing rather than off-putting sentences? What am I allowed to say – and what am I not?

Date: 12/12/2025 • 15:00-16:00 • Webinar

Register

Goodbye self-doubt – hello self-confidence!

Self-doubt is persistent and often unconscious – but we must realize: it's not the truth. In this presentation, we'll examine where these doubts come from, why they repeatedly confront us in our professional lives, and, most importantly, how we can overcome them. You'll receive concrete suggestions and tried-and-tested methods to project more confidence, trust in your own strengths, and quiet your inner critic.

Date: 16/12/2025 • 11:30-12:30 • Webinar

Register

“Tradwife” trend: new autonomy for women?

Cleaning, cooking, baking, lovingly caring for children and husbands: Young women present themselves on social media as traditional housewives. These so-called “tradwives” have consciously chosen this role model. Is this a form of lived autonomy – and does life as a housewife ultimately lead to greater satisfaction than equal partnerships or single life?

blog **Read more:**

“Bright to stormy”

The everyday life podcast with Olli Schmidt



Katja Lewina
Autorin und Journalistin

Olli Schmidt
Systemischer Coach

Lust, Leben, Loslassen:
Neustart ab 40

#42

Heiter bis

STÜRMISCH

Episode 42: Female, 40+ and a fresh start

Sexuality, separation, and self-discovery – midlife is a time of great change and reorientation for many women. In this podcast, Katja Lewina speaks openly about these phases, how she rediscovered her sexuality, the courage it takes to reinvent oneself after a separation, and how personal tragedies, such as the loss of her son, have shaped her perspective on life and her strength for new beginnings. An honest conversation about change, grief, and finding oneself.



Listen now...



Age & Care

My parents have to go into a nursing home – what now?

When parents have to go into a nursing home, a number of questions arise. Do I have to pay alimony? Do I have to sell my house? Am I still allowed to take out a loan to buy a house?

The presentation will give you an overview of when you are liable for your parents' support and when social services are unlikely to contact your child. You are welcome to ask questions during the presentation – including on the topic of "What can and may the parents transfer to me?".

Date: 03/12/2025 • 11:00-12:00 • Webinar

[Register](#)

Statutory pension insurance – (Not) a closed book

The statutory pension insurance system is complex, but not incomprehensible. This presentation provides an overview of how to understand the "pension information," when you can retire, what deductions you may have to accept, what the limits on additional earnings are, and how tax aspects affect your income situation in retirement. Concrete examples will illustrate the various scenarios.

Date: 10/12/2025 • 19:00-20:30 • Webinar

[Register](#)

Talking to parents about death

Conversations about death and dying are usually difficult, especially with one's own parents. However, talking about it early on relieves the burden on everyone involved in a serious situation.

This article provides valuable tips on how to openly discuss this sensitive topic with your family and make important decisions together.

[blog](#) [Read more](#)

For free: Online yoga all year round



Germany's largest online yoga course

Join now!

Germany's largest online yoga class with over 10,000 registered participants continues in 2025. Every Tuesday evening throughout the year. Join us!

Exclusively on our YouTube channel

 **Join now...**



Parent & Child

Embracing Boredom: Foundations for Free Play and Development

Inspired by the idea that children can also benefit from a healthy amount of neglect, this talk offers different ideas about the importance of doing nothing. Furthermore, there will be an overview on how boredom can act as an important stimulus for self-regulation and free play. It will be stressed that boredom can have a positive effect on children's creativity and independence. One important aspect will be the phase of being a "couch potato" during puberty.

Date: 08/12/2025 • 11:00-12:00 • Webinar

[**Register**](#)

Nora Imlau: Different Together – Parents with different parenting styles

Sometimes you love each other – yet you argue about how to put the children to bed. One parent is strict, the other relaxed – or vice versa. Different parenting styles often lead to insecurity, conflict, or guilt in everyday family life. But what does a child really need to feel safe and secure?

In this presentation, Nora Imlau demonstrates why differences between parents don't necessarily have to be a problem – and how they can even become a strength. She explores closeness and boundaries, families of origin, internalized notions of "good parenting" – and how parents can learn to maintain open communication and provide shared guidance despite their differences. A morning filled with insights, understanding, and inspiration for better collaboration.

Date: 15/12/2025 • 10:00-11:30 • Webinar

[**Register**](#)



Free webinars for your work-life balance

Healthy and delicious – cookie baking made easy!

Are your children already looking forward to baking Christmas cookies? Especially during this cozy time of year, little ones love to help in the kitchen – but classic cookie recipes are often full of sugar and fat. How about baking healthy yet delicious cookies together with your children this year?

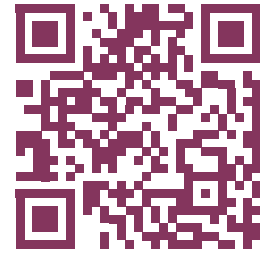
In this presentation, you will learn how to combine festive baking delights with healthy ingredients. We will show you:

- Kid-friendly ingredients for healthier cookies
- Delicious recipe ideas for healthy cookies that will delight young and old alike.
- Tips on how to make baking with children a relaxed and stress-free experience while playfully talking about healthy eating

Look forward to simple and practical recipes that your children will love and that will make baking together a valuable family activity!

Date: December 4, 2025 • 1:00 PM - 1:30 PM • Pulse

Register



pme.link/ela

E-Learnings

Further training for employees

Simply eat

This course is for self-sufficiency! It's about mindful eating without pressure or diets. Through eight 15-minute chapters, you'll explore different aspects, reflect on your eating habits, and adapt them in small, practical steps.

Processing time: approx. 150 minutes

[Register](#)

Ergonomie Quick-Check

How are you sitting right now, and for how long? Take 10 minutes to assess your workstation and posture. Even small adjustments can prevent long-term discomfort.

Processing time: approx. 10 minutes

[Register](#)

Receive all events by email?

Sign up now for our
work-life newsletter!



 pme.link/newsletter

Information according to § 5 TMG:

pme Familienservice GmbH

Headquarters
Flottwellstr. 4-5
10785 Berlin, Germany

Telephone: 030 263935-70
Fax: 030 263935-77

info@familienservice.de
www.familienservice.de

Managing Director:

Alexa Ahmad

Commercial Register:

AG Berlin-Charlottenburg HRB
68116

VAT identification number:

according to §27 a of the Sales
Tax Law: DE196169532

Information according to § 55 para. 2 RStV:

Responsible editor:

Dr. Daniel Erler

The European Commission provides a
platform for online dispute resolution
(ODR): <http://ec.europa.eu/consumers/odr>.
You can find our email address above in the
imprint.



The text
has been
translated
with AI