



ONLINE GET-TOGETHER

# CINT

CLUB  
INTERNATIONAL  
INVITATION

## SPOUSES AND PARTNERS BREAKFAST

### MENTAL HEALTH MATTERS

This year, we would like to bring successful women on stage. Therefore, for the first Spouses and Partners' Breakfast this year, Bernadette Frech, the CEO of Instahelp, will introduce us to this digital platform for mental health and psychological counselling online.

During these challenging times, a lot of us may need mental and psychological support and therefore we will be happy to introduce you to this platform that can help you with your mental health from anywhere you like. Bernadette will also share with us her personal success story. We are very much looking forward to an interesting discussion and exchange of your personal adventures.



 Instahelp



#### Wednesday, February 24th 2021

Location: online  
Starting time: 09:00 a.m.  
Duration: approx. 2,5 hours



For organizational reasons we kindly ask for your registration on our [website](#) until February 21st 2021. Two days prior to the event, we will send you a link to participate in our virtual session.

Information in accordance with art. 13 GDPR: Providing participants' data is required for the participation in the event. Your given data will be processed in connection with the event administration, our member support and membership administration as well as the representation of interests and information about our members. To learn more about how we process your personal data, please read the data protection declaration on [www.wko.at](#). For inquiries, please contact [datenschutz@wkstmk.at](mailto:datenschutz@wkstmk.at). Audiovisual recordings: Audiovisual recordings may be taken for documentation purposes during this event. These recordings will be used and published for reporting in print media, digital and analogue publications, social media etc.