

04
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16:00
University of Luxembourg
Campus Belval
Maison des Sciences Humaines (MSH)
Blackbox



**Education
& Social Work**

DESW Lecture Series

Becoming the “best version” of yourself? Sociological perspectives on self-optimisation

ABSTRACT

Self-optimisation has arguably become a central socio-cultural trend in contemporary Western societies. The imperative to optimise our ways of thinking, feeling, and interacting with others features prominently in public discourse, and a range of commercial products and services are available to assist us in our quest to become the “best version” of our selves. But what does this mean? Why has self-optimisation become so prominent today? And what are potentials, but also limits and risks of self-optimisation?

SPEAKER



PD Dr. Anja Röcke

Universität des Saarlandes
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Anja Röcke is a sociologist, her research fields include cultural sociology, European sociology and political sociology. Since October 2023 she is a researcher at Saarland University in the Department of European Social Research and is associated to the Department of Social Sciences at Humboldt University Berlin and to the Centre Marc Bloch Berlin. Before, she was assistant professor and interim professor for General Sociology and for Macro Sociology at Humboldt University. She received her doctorate at the European University Institute in Florence, Italy, and her habilitation from Humboldt University.

ORGANISATION

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PICTURES

Pictures will be taken during the event.
If you do not wish that your picture
is taken, inform the organisers
upon arrival.



FACULTY OF HUMANITIES,
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SOCIAL SCIENCES