

# 1-1 with Patrick

I'm offering 1-on-1 meetings to discuss career development toward impactful work, Effective Altruism concepts, or personal decision-making using a truth-seeking approach. With my background in startups and EA organizations, I enjoy deep conversations (in English or German) that help others navigate career changes and moral trade-offs. Book a one-hour slot if you'd like to connect.

## Next in-person 1-1s

- Saturday 22. March 2025
- [Book a timeslot here](#) (they are 1 hour, but we can stop earlier)
- We'll go for a walk in the English Garden [starting at this entrance](#) (it's around the corner from where I live)
  - If you can't find me, you can call or reach me by Signal or WhatsApp at +491708390407

## Who am I?

About me:

- [LinkedIn](#)
- [EA Forum](#)

Current focus:

- COO at [Successif](#), where I
  - lead a team of career advisors who help mid-career and senior professionals navigate their career change to AI Safety
  - am thinking about how to improve organizational culture across AI Safety organizations, including better leadership and hiring practices and enabling them to have teams of people with more diverse backgrounds
  - lead the marketing effort to get more senior people into AI Safety
  - am helping with the setup of a new AI Safety Advocacy Fellowship
- Member of the boards at Effective Ventures UK and Talos Network, where I help with bigger and longer-term decisions
- Running the Teamwork Munich coworking and event space
- Managing a yarn company (only 2-5 hours/week)
- Mentoring people who are doing impactful things in an entrepreneurial way
- Spending too much time on the EA Forum
- The relationship of 26 years with my partner
- Working on a more healthy balance of work, fun, and social connections
- Getting coaching in order to improve at being in a leadership position
- Writing thought pieces and talking with people about things like the EA brand, getting better at building impactful organizations and how
- Spending at least a few weeks per year working from other places
- Reflections on turning 50 and the 30 years of which I've been working

Previously:

- Cofounded three startups (in software/media, software/finance, and textiles)
- I was co-director of EA Germany for 2 years, where I had many 1-1s with people who were thinking about a career with impact or were already in one
- Ran an alternative art- and event space
- Facilitated the Munich Nerd Nite for 9 years

## Why have a 1-1 with me?

- Speed your path to a career with more impact by:
  - Doing something instead of procrastinating
  - Having someone to question/critique your current approach and help you think about alternatives
  - Being able to talk through a decision
  - Getting support in deciding on your next steps
  - Getting a different perspective on your imposter syndrome and being able to vent your frustrations about the path
- Get more deeply into EAish thinking by
  - Being able to address doubts and questions about the approach (it took me a few years to actually get better calibrated)
  - Having someone to talk to about complex moral trade-offs and impact decisions
  - Getting the view of someone deeply in the field but also with some skeptical views concerning the community aspect and the outreach
- Have someone to talk through general moral doubt and life decisions from a truth-seeking and very open perspective
- People who like deep talk have told me they enjoyed talking to me

## What I like to talk about

More EAish stuff:

- Generally, my work, which I love, and how I got there
- Your thoughts on your own career with impact, regardless of how much time you already spent on it (happy to talk if you're just thinking about it)
- EA stuff with people who have spent at least a few hours reading/listening to the topics
- How to get more non-male people into EA and AI Safety
- Why I think EA should focus mainly on ambitious people with a high chance of making a difference (and how to trade off the perceived elite status and imposter syndrome of people)
- Using an entrepreneurial mindset to do good
- Thoughts on moral decisions and trade-offs, on impact estimations, and your current doubts
- How to get more involved in EA in general (networking, writing on the forum)

Other things:

- Using an open and truth-seeking mindset to form moral decisions in your life, including
  - How much agency to have in your interactions (cultivating an entrepreneurial mindset)
  - Diet choices (going vegan or not)
  - Romantic relationships (monogamy vs. consensual non-monogamy; when to invest in a relationship vs. breaking up, how to get better at intentionally bonding with someone)
  - Deciding on having children
  - Breaking free from societal expectations (including going low-/no-contact with family)
  - Intentionally creating social settings and friendship relationships (including parties, retreats, coliving, and nomadic environments)
  - Tradeoffs on personal happiness and helping others
  - How much to invest into masking and trying to appear normal
  - Trading off financial independence / early retirement with other life choices
- Deeper thoughts on a life well lived, including
  - Dealing with expectations of high risks of catastrophic events in the next years
  - A feeling of guilt and moral obligation
  - Embracing sometimes not fitting in or feeling inadequate

## Good to know

- Equally happy to speak in German or English
- I feel that the people who decline my offer for a one-on-one are the ones I most want to speak to, as they have already put a lot of thought into this decision
- I'm not super into the details of technical AI Safety or policy, but I am better at general overview stuff and pointers to resources and people in this area
- I dislike cult-like behavior and wouldn't want to be part of a movement that acts this way way
- I'm happily married and not looking for a romantic partnership
- I don't really have hobbies or keep up with the media or mainstream entertainment, and I'm not interested in superficial things smalltalk
- I'm quite open to discussing my personal feelings and vulnerabilities, but don't expect that from me others
- My memory is not very good, so I might have forgotten if we met before or specific details (although often parts come back with prompting)

## Why I'm offering this

- I genuinely enjoy meeting new people and deepening connections - at EA conferences, I pack in as many 1-1s as I can
- I generally feel energized after 1-1s
- I'm happy if I can help people
- I like deep talk

## Who's this for

- Anyone who has looked at this document and found that it could be interesting to talk to me
- Additionally, I would like to especially encourage:
  - Non-male individuals interested in EA or AI Safety (especially if you have doubts about these areas)
  - People interested in/working on law/policy, entrepreneurship, communications, (non-profit) leadership