



Finding Your Ground

Meeting life's harder moments — with more compassion, and together.

An 8-week Mindful Self-Compassion* course
for international professionals living in Europe

Small group · Two teachers · In English

12 October – 30 November 2026

Mondays 18:30–21:30 CET

Included: a half-day online retreat · Saturday 14 November

8-week live online course · CHF 590 | EUR 630

Early bird: CHF 490 | EUR 530 – register by 12 September

* Mindful Self-Compassion (MSC) by Kristin Neff and Chris Germer

Sometimes we cannot have it all.

At work. In our relationships. In our sense of belonging.

You've worked hard to get there —

but there's little time left for yourself, or the people who matter.

A new opportunity comes up —

but taking it would mean uprooting your life again.

We cannot always change what happens.

But we can learn to face it differently, with more compassion —

creating a little more room and freedom for ourselves.

Over eight weeks, we learn to

- meet difficult emotions and situations with more steadiness
- be less hard on ourselves when things get challenging
- stay connected when relationships become difficult
- appreciate and savour what is good in our lives

And the group experience matters

Share your experiences with other international professionals in similar situations, hear different perspectives and learn with and from each other.

Your teachers



Holger Kollmer

Physicist · former corporate executive
Executive & existential coach · MSC Teacher



Meike Rottermann

Anthropologist · career and leadership coach for
researchers · MSC Teacher (in training)

Curious whether this is for you?

We'd be happy to have a short conversation with you.

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