



COACH · TRAINER · FACILITATOR

Meike Rottermann

LEADERSHIP COACHING · CAREER TRANSITION · TEAM DEVELOPMENT

German & English · Munich – Remote

1,500+

COACHINGS WITH
ACADEMICS

3,500+

WORKSHOP PARTICIPANTS

65+

COUNTRIES

10+

YEARS EXPERIENCE

PROFILE

For over ten years I have coached researchers, postdocs, group leaders, and emerging leaders in science and industry — including co-building the Career Center for Postdocs and Doctoral Researchers at Helmholtz Zentrum München. I work with individuals, teams, and institutions, in German and English, in person and online.

FOCUS AREAS

Leadership Coaching

Self-leadership,
emotional intelligence,
navigating complexity

Career Transition

Senior researchers —
identity, direction, next
steps, first leadership

Team Development

*Diversity and trust as
foundations for joy,
excellence and
collaboration*

Strengths Coaching

CLYOScope® certified —
individuals & teams

Values Work

Core values as
foundation for decisions
& leadership

Emotional Resilience

Evidence-based training,
incl. Mindful Self-
Compassion

WHAT CLIENTS APPRECIATE

- Solid understanding of scientific culture, research organizations, and career paths, including the particular identity questions researchers face.
- A quality of presence and attentiveness that creates trust quickly — and makes the work feel like a real encounter rather than a consultation.
- Coaching that leaves something behind: clients describe lasting shifts in perspective, greater clarity about their possibilities, and tools they continue to use long after the sessions have ended.

QUALIFICATIONS

CLYOScope® Coach CLYOS – Swiss
Institute for Character Science 2026

MSC Teacher Mindful Self-
Compassion · Arbor Institut /
Christopher Germer 2024–25

MBTI Step 1 The Myers-Briggs
Company 2023

Certified Career Consultant ZML
Swiss Career Consulting Model 2020

Certified Business Coach Dietz
Coaching · DBVC & IOBC certified 2018

Diploma, Cultural Anthropology
Munich · Basel · Vienna

Ongoing Supervision Dietz Coaching,
Feldafing

EXPERIENCE

2020– Rottermann Coaching Freelance
Coach & Trainer, Munich

2019– Career Coach & Trainer
Helmholtz Zentrum München, incl. co-
building the Career Center for Postdocs &
Doctoral Researchers

2017–19 Coach & Trainer Institut für
Personaltraining, Munich

2010–14 Science Management Charité,
Berlin

SELECTED CLIENTS

Helmholtz Munich
Max-Planck-Research Schools
Planck Academy
TU Munich
LMU Munich
TU Vienna
University of London
Boehringer Ingelheim
SyNergy Munich Cluster

Approach & Working Style

MEIKE ROTTERMANN · COACH & TRAINER

MY APPROACH

Coaching, as I practise it, goes beyond problem-solving. It is a space in which people can get clearer — about what matters to them, how they want to lead, and what kind of work they want to build their lives around.

I work with leaders, researchers, and high-performers navigating complex professional situations: questions of meaning and development, emotional and social competence in leadership and teamwork, conflict, and the balance between sustained performance and genuine wellbeing. I combine psychological depth with a clear orientation toward what is actually useful — and I quickly grasp the connections that matter.

My appreciation for people and my respect for the integrity of each individual are the foundation of everything. They are what allows trust to develop quickly — and what makes coaching, at its best, a meaningful encounter.

HOW WE WORK TOGETHER

- 1 Initial conversation** (30 min, complimentary) — we discuss your situation and clarify whether coaching makes sense and whether we are a good fit.
- 2 Goal & framework** — in the first session we establish a clear coaching goal and agree on format, frequency, and scope.
- 3 Coaching process** — typically 6–10 sessions à 90 – 120 minutes. Progress is tracked and reflected.
- 4 Closure & transfer** — the final session consolidates insights and supports sustainable implementation in everyday professional life.

Sessions available in person (Munich) or online. Institutional programs may combine individual coaching and group workshops.

METHODS & FRAMEWORKS

Emotional Intelligence Coaching (Dietz Coaching / DBVC)

Systemic, experience-oriented, mindfulness-based approach working with emotional patterns, self-leadership, and interpersonal dynamics. Grounded in principles of humanistic psychotherapy.

ZML Career Consulting (Swiss Career Consulting Model)

Structured framework for career exploration, identity work, and development planning. Particularly effective with researchers navigating transitions into or out of academia.

CLYOScope® Strengths Assessment (CLYOS, Swiss Institute)

Character-based strengths profiling for individuals and teams. Used to support strength-based leadership, role clarity, and team culture work.

Mindful Self-Compassion (MSC, Christopher Germer & Kristin Neff)

Evidence-based program for emotional resilience and self-leadership. Offered as standalone training and integrated into coaching.

MBTI Step 1 (The Myers-Briggs Company)

Used not as a typology but as a framework for exploring preferences, supporting self-understanding, communication, and team dynamics.

SECTORS & CONTEXTS

Research Institutions

Max Planck Society, Helmholtz — pools, individual & group programs

Universities & Academia

Postdocs, group leaders — career, leadership, transition

Applied Research Across Sectors

Leaders and experts in organizations with scientific culture

Individual Clients

Professionals in transition — career, identity, meaning