

Workshop Portfolio

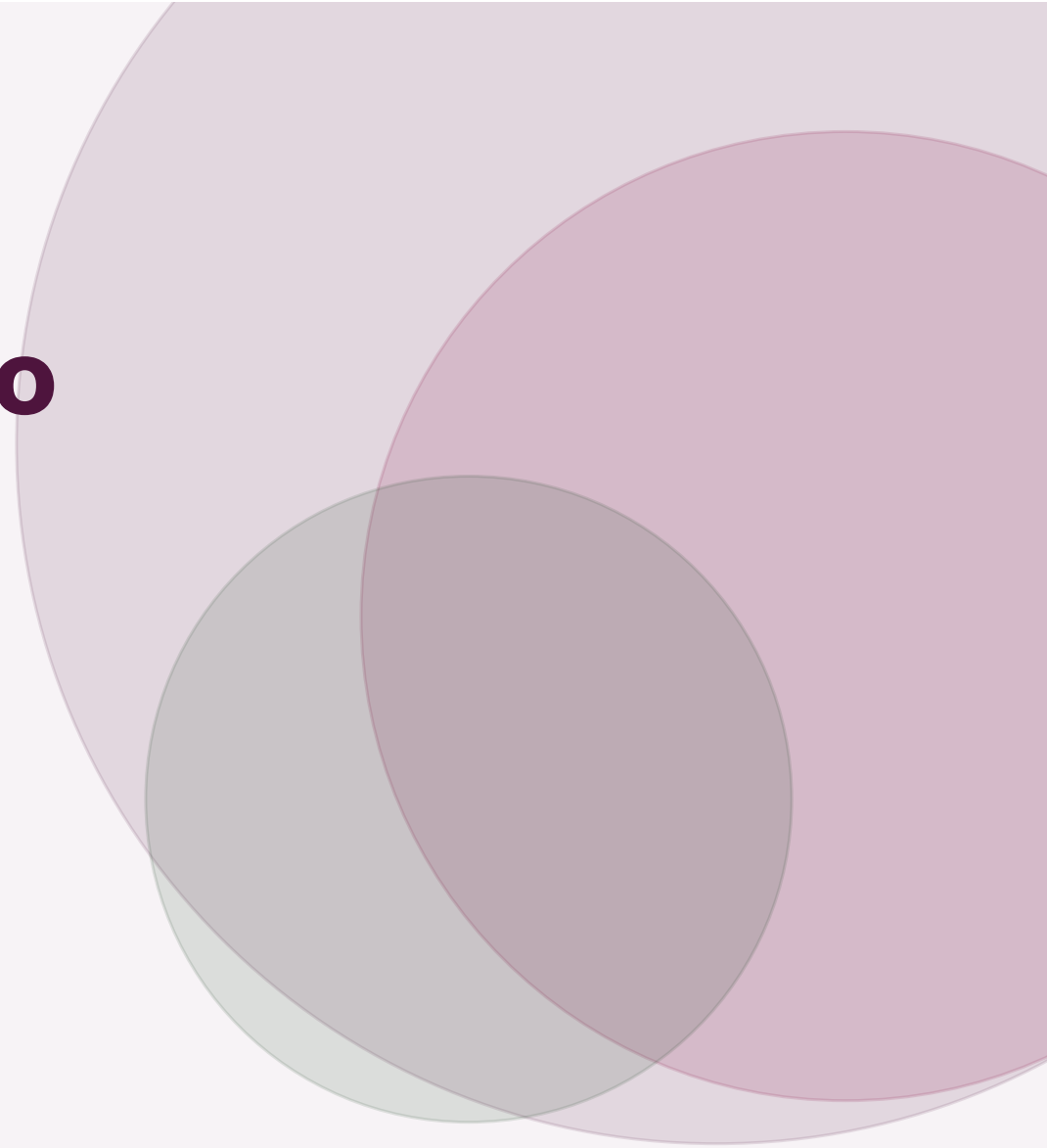
PhD Researchers · Postdocs · Emerging Leaders · Teams

Meike Rottermann

Coach & Trainer in Research & Academia

Career Orientation · Resilience · Emotional Intelligence · Mindfulness

Oct 2026 / 2027



About Meike

With 15+ years of experience in coaching and co-building a Career Center for Life Scientists, I support researchers in navigating their careers and strengthening their self-awareness, resilience, and emotional competence.

1,500+

individual coaching sessions

2,500+

workshop participants

- Career Orientation in fast-changing times: strengthening self-awareness, values & resilience
- Times of AI: Competences to discern what is valid, essential and relevant for oneself
- Emotional competence for self-leadership & collaboration
- Innovative formats tailored to researchers' needs
- Addressing often overlooked topics such as creativity and somatic-based resilience

I work with PhD researchers, postdocs, emerging leaders, and academic teams across institutions including TU München, LMU, Max Planck, Helmholtz and TU Wien.



Contact

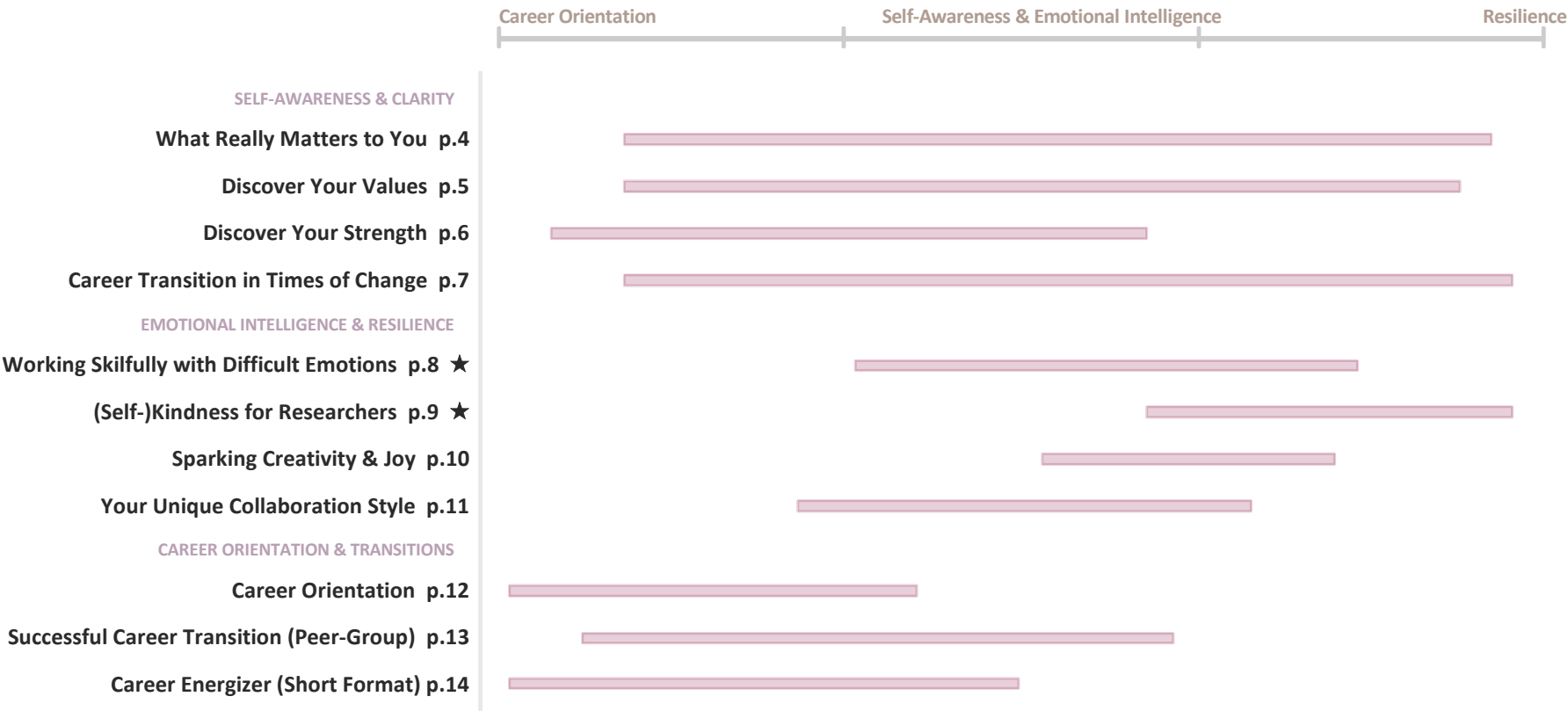
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Credentials

Professional Coach – Coaching with EI (DBVC) · Certified Career Consultant (ZML) · Mindful Self-Compassion Trainer (MSC)
CLYOScope® Coach · MBTI® Certified Facilitator · Dipl. Cultural Anthropologist

Workshop Portfolio – Overview

PhD Researchers · Postdocs · Emerging Leaders · Teams



★ Coming 2027

All workshops available as team formats · Team development on request

What Really Matters to You

A Self-Discovery Career Workshop

Intro

Career decisions are rarely just about skills and opportunities — they are shaped by what truly matters to us. This workshop creates a foundation for meaningful career orientation through targeted self-reflection.

Participants discover their values and inner drivers, reflect on what brings them energy and fulfillment, and explore what a genuinely fitting next step might look like. The focus is on clarity, not answers — leaving with concrete tools and a stronger sense of direction.

Takeaways

- Clarity on where you stand today and what matters for your next steps
- Discovery of your values, purpose, and inner drivers
- A sense of empowerment to move forward with confidence
- Concrete, doable steps to bring insights into daily life
- Further tools for self-assessment and successful career orientation

“

Thank you for making this about us as whole persons, not just about our careers.

— PhD Researcher, Retreat Participant
Max Planck Research School, 2023

Modalities

2.5 h virtual
4 h on-site

Target Group

Doctoral Researchers
Postdoctoral
Researchers

Discover Your Values

Build Your Inner Career Compass

Intro

Discover how your values guide career orientation, decision-making, and long-term fulfillment. Through journalling exercises, you clarify what truly matters to you — beyond roles, expectations, or academic achievements.

In a Walk & Talk peer exchange, you explore your insights and discuss how these can be translated into small, realistic practices for living in alignment with what truly matters — and for navigating your career development with greater clarity and intrinsic motivation.

Takeaways

- Discover your core personal values
- Exchange with peers authentically during a Walk & Talk setting
- Re-connect with what truly matters and strengthen intrinsic motivation for what's ahead.
- Gain practical insights for conscious, value-aligned action in career decisions and daily life
- Develop small, realistic practices for living aligned with your values

“

I always knew it somehow — but now I really understand how very values-driven I am as a scientist. That moved me. And to see that I might be able to bring this with me, even beyond academia.”

— Postdoctoral Researcher, IMPRS-TP Retreat
Max Planck Institute of Psychiatry

Modalities

2.5 h online
3 h on-site
15–20 participants

Target Group

PhD Researchers
Postdocs
Young Leaders

Discover Your Strength

An Empowering Workshop

Intro

In this workshop on strength-discovery you will uncover your individual talents and strengths through group work and brief, individual story-telling approaches.

You will experience the benefits of focusing on strengths instead of focussing on weaknesses, and complement your insights with the newest evidence-based strengths assessment model (CLYOScope), which the trainer can offer as a certified CLYOScope® coach.

Finally, you will practise communicating your strengths in a group exercise.

Takeaways

- Identify your talents and strengths and understand how to nurture them
- Use the CLYOScope® model to build a clear, shared language for your strengths profile and deepen your insights
- Appreciate your experiences and achievements as a researcher
- Communicate your strengths in preparation for applications, interviews, and daily work
- Gain strategies to continue discovering and leveraging what you do best

“

I never realized I had these strengths — you use them every day, they just feel normal. And we don't get feedback on them either. So now I see that I can actually do what I really want, professionally.”

— Postdoctoral Researcher
TU Wien, 2025

Modalities

3 h online
3–4 h on-site
15 participants

Target Group

PhD Researchers
Postdocs

Career Transition in Times of Change

How to Move Confidently through Uncertainty

Intro

Career transitions are rarely straightforward — they bring not just logistical challenges, but also inner doubt, uncertainty, and the pressure to get it right. This workshop offers practical approaches to help participants handle challenging times and change constructively.

Through hands-on input and guided exercises, participants explore how to step out of unhelpful stress responses and make more informed decisions. The focus is on building inner resources as much as outer strategy.

Takeaways

- Recognise common stress responses in times of change and find constructive ways forward
- Explore approaches for making informed decisions
- Impulses on how to work with inner doubts and insecurities
- Develop realistic goals and a concrete next-step action plan

“

Now I know what has kept me stuck. Just understanding the dynamic has made a big difference. Also, the breathing technique worked, it really calmed me.

— PhD Researcher

Postdoc Appreciation Week Germany, 2024

Modalities

2 h virtual
3 h on-site

Target Group

Doctoral Researchers
Postdoctoral
Researchers

Coming 2027

Working Skillfully with Difficult Emotions

Disappointment, Anxiety & Shame

Intro

Researchers know the feeling: a paper rejection hits hard. A competitive atmosphere triggers anxiety. A setback brings a wave of shame. Strong emotions are part of research life — yet they are rarely spoken about, and even more rarely worked with intentionally.

This workshop draws on current findings from emotion research and brings them into lived experience. Participants learn to differentiate their emotional landscape with greater precision (emotional granularity) and to regulate emotions more skillfully as a result.

Emotion Matrix

Deepening emotional granularity — moving beyond ‘stressed’ or ‘fine’ to a richer, more differentiated inner vocabulary.

Breath & Movement

Body-based approaches to emotional regulation — because the body is where emotions live, and where change becomes possible.

Emergency Kit

First-response tools for overwhelming moments — portable strategies for when difficult emotions hit fast.

Focus emotions: Disappointment, Anxiety & Shame — experiences every researcher knows.

Coming 2027

(Self-)Kindness for Researchers

Un-Learn Negative Self-Talk & Unhealthy Perfectionism

Intro

Research is demanding — and many researchers carry an invisible weight of self-criticism, perfectionism, and emotional fatigue. This workshop introduces Mindful Self-Compassion (MSC), an evidence-based approach developed by Kristin Neff and Christopher Germer, to build resilience from the inside out.

Guided by a certified MSC teacher, participants explore how self-compassion — far from being a weakness — is a scientifically proven skill that supports performance, collaboration, and long-term wellbeing. Through reflection, embodied practices, and peer exchange, you will learn to navigate difficulty with greater ease and stay grounded in your work.

Evidence-Based Tools

Techniques from Mindful Self-Compassion (MSC) to build greater resilience and interrupt cycles of self-criticism.

Emotional Navigation

How to handle distress, reframe setbacks, and reduce self-criticism — without bypassing difficult feelings.

Everyday Practice

Healthy boundaries, micro-practices, and a kinder inner voice — designed to fit into daily research life.

Target Group: PhD Researchers, Postdocs, Young Leaders, Teams · 2.5 h online / 4 h on-site

Sparking Creativity & Joy in Research

Nine Principles for Curiosity, Innovation & Fresh Perspectives

Intro

Reconnect with joy and creativity in your research practice. In this interactive workshop, you explore nine evidence-based principles drawn from research, education science, and Zen philosophy to unlock fresh perspectives and new approaches to your work.

Through short expert inputs and embodied warm-ups, you engage in focused yet playful reflection. Working in small groups on design challenges with ‘Wild Cards’ — creative constraints that stimulate interdisciplinary problem-solving — you share your ideas in a visual gallery walk. The session closes with structured personal reflection and concrete action planning.

Takeaways

- Identify barriers to creativity in academic research
- Apply nine practical principles to foster curiosity and innovation
- Experience interactive and embodied exercises to unlock new perspectives
- Collaborate using creative constraints for interdisciplinary problem-solving
- Develop personal action steps to sustain creativity in daily research life

“

I really had fun! The collaboration part was great, and I got it, I need to be more intentional about creativity. I'll definitely try my brainstorming on my bike idea.

— *Postdoctoral Researcher, personal feedback,
Max-Planck Research School, 2025*

Modalities

2.5 h online
3 h on-site
15–20 participants

Target Group

PhD Researchers
Postdocs
Teams

Your Unique Collaboration Style

Self-Awareness & Teamwork in Practice

Intro

How we work is shaped by who we are — our preferences, our habits, the way we think and respond under pressure. This workshop uses the Myers-Briggs Type Indicator® (MBTI®) as a starting point: not to label or fix personality types, but to open up a structured and playful exploration of individual working styles.

Building on this self-awareness, we apply an emotional intelligence lens to understand how our individual preferences shape how we collaborate — and how we can work more consciously and skillfully with difference. The workshop closes with a Case Clinic: participants bring a current collaboration challenge, and together we explore alternative ways of navigating it.

Takeaways

- Explore your individual working style and preferences — without reducing yourself to a type
- Understand how personality differences shape collaboration dynamics and team interactions
- Apply emotional intelligence to navigate difference with greater skill and awareness
- Work through a real collaboration challenge in a Case Clinic and discover new ways forward

This workshop is equally suited as a team development session — on emotional intelligence, collaboration, and shared working culture.

“

It's so strange I haven't seen this before! It clarifies this dynamic between me and my supervisor. That takes this weird pressure away. I feel relieved and prepared.

— Staff Member
Helmholtz Center, 2025

Modalities

6 h incl. Case Clinic
online & on-site
15 participants

Target Group

PhD Researchers
Postdocs
Teams

Career Orientation – From Self-Knowledge to Next Steps

A 3-Part Workshop Series

Intro

This three-part series offers doctoral researchers and postdocs a comprehensive and structured approach to career orientation. Grounded in self-reflection, collaborative methods, and emotional intelligence, the series guides participants from self-knowledge through career exploration to concrete next steps.

Modalities

3 × 2.5 h | online

Target Group

Doctoral Researchers, Postdocs

Part 1

Start with Yourself: Building your Personal Profile

Participants explore what career means to them holistically, reflect on personality, values, and — at the heart of the session — conduct a strengths collection. Key insights are captured in a personal profile and deepened through peer exchange.

Part 2

Open Horizon: Career Ideas & Decisions

Building on self-knowledge with a growth mindset perspective. Core method: Reflecting Team, in which peers generate concrete career path ideas. Complemented by informational interview preparation and an emotional intelligence approach to decision-making.

Part 3

Insight to Action – Career Planning & Lab

First 1.5 hours: defining next steps and building a support network. Remaining time: advancing next steps independently, with the option to join a breakout session with the career coach for individual questions. Optional: individual coaching session per participant.

Successful Career Transition (Peer-Group)

A Peer Support Group for Researchers

Intro

Peer-to-peer group coaching for early-career or senior researchers considering a transition from academic research to non-academic careers.

Participants work alongside a fixed group of peers on a similar journey, guided by an experienced career coach — gaining perspective, accountability, and practical tools at each step.

Takeaways

- Gain insights from peers with diverse backgrounds and experiences
- Receive support, encouragement, and accountability throughout your transition
- Clarify your strengths, values, and career priorities
- Explore career paths, networking strategies, and application processes
- Develop practical tools for decision-making, time planning, and self-care
- Strengthen interpersonal skills, communication, and empathy

“

One of the best programs I've done this year!

— *Postdoctoral Researchers*
Peer Group, TU Wien, 2024

Modalities

9 sessions
2 full-day on-site
7 virtual (3 h each)

Target Group

Postdocs
6–8 participants

Career Energizer (Short Format)

An Hour for Your Career

Intro

Short, focused 1-hour sessions on career development and resilience — designed for busy researchers. Offered as monthly series or as individual tasters. Thematic journeys of 4-5 sessions available.

Session Structure

1 h | online

30 min Input	20 min Q&A	10 min Peer Exchange
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Resilience & Inner Leadership

Navigating Uncertainty and Pressure

- From Limiting Beliefs to Career Confidence
- Navigating Times of Change Emotionally
- Techniques for Calm & Focus
- Giving & Receiving Feedback
- Introverts & Extroverts at Work
- Values-Driven Work Environment

Strengthens emotional resilience, self-leadership, and long-term performance in academia and beyond.

Clarity & Meaning

Build Foundation for Aligned Orientation & Decisions

- Career Orientation – Start with your Whole Life
- Values & Purpose – Paths to a more Meaningful Career
- Career Fit – Holland Occupational Personality Types
- Transferable Skills
- Getting Unstuck through Networking & Informational Interviews
- Energy, Engagement & Joy – A Work Logbook

Helps researchers make aligned decisions early—reducing indecision, disengagement, and misfit.

Positioning & Strategy

Turning Clarity into Opportunities

- Career Transition Management
- The Application Process – Success Factors
- CV – Structure for Industry
- Best Practice Cover Letter
- How to Write a Profile Summary
- How to Read Job Postings
- LinkedIn Profile

Translates reflection into visible, competitive positioning on the job market.

Let's talk.

Happy to explore what fits your context — whether that's a single workshop, a semester programme, or something in between.

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