

# **International Coaching Group**

## **starting August 27, 2025**

### **for students of**

# **Göttingen University**



## **In the PSB**

## **(PsychoSoziale Beratung/**

## **Psychosocial Counselling)**

Goßlerstraße 23, 37073 Göttingen

### **Information and registration here:**

<https://www.studierendenwerk-goettingen.de/en/social-and-psychosocial-counselling/psb/course-offer-of-the-psb>

### **Open consultation hours by telephone**

To make an appointment for a counselling:

<https://www.studierendenwerk-goettingen.de/en/social-and-psychosocial-counselling/psb>

International Coaching Group  
(master and PhD)

Completing a doctoral or master's degree requires a high level of self-discipline, good organizational skills and independent work over a long period.

Such work conditions, in addition to stressors associated with being an international student can often result in feelings of self-doubt or overload with work and expectations. Support within the framework of a coaching-group facilitates resilience through opportunities to connect with peers and share concerns, further develop skills necessary for your work and self-care, and increase confidence as you navigate your academic journey in Göttingen.

The next group will start on  
August 27, 2025

Wednesdays 17:00-18:30 (6 sessions)

Language of the group is English.