

Vision

Young people with experience in out-of-home care should not have to carry their stories as a burden, but instead draw strength and self-efficacy from them. Care Leaving Coaching™ is a multidimensional educational and consulting program that supports (emerging) adults in experiencing socio-emotional belonging and in finding their own path with autonomy, responsibility and self-determination.

Care leaving requires a shift in systems, structures, and discourse: away from deficit-based narratives and towards recognition, responsibility, education, and appreciation. The voices of young people must be brought to the center – they need to be felt, not ignored, marginalized, or silenced.

Contact

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Professional books

Groinig, M. (2027). Life – Resonance – Diversity – Education – Societal Participation. Approaches to Crisis Intervention and Prevention in the Context of Child and Youth Welfare, Educational Support Services, and Leaving Care. Beltz Juventa.

Groinig, M. (2025). Leaving Care – Educational Success – Life Situations. Shaping well-being and sustainable educational and professional pathways in processes of relationship and identity modification. Weinheim/Basel: Beltz Juventa.

Careleavers Only: Care Leaving Coaching™

7/2027-7/2029 | ID 002



1: Kick-off Mountain Summit

When July 2027

Where Katschberg
(3.5 hours from Munich / Vienna)

Program (1) Arrival Day incl. Dinner
(2) Workshop Day
7:00 - 9:00 Sports
9:00 - 10:00 Breakfast
10:00 - 13:00 Workshop I
13:00 - 17:00 Mountain Summit
17:00 - 18:30 Wellness
18:30 - 20:00 Dinner
20:00 - 23:00 Workshop II
(3) Guided Integration Day
(4) Departure Day incl. BF

2: Structure & Framework

Housing & Finances	Housing First & Financial Accounting
Well-being & Health Behaviour	Salutogenesis-Evaluation
Heart's Desire & Vocation	Network Maps & Social Relationships (retro- and prospective)
Axiology & Meritocracy	Educational Pathways & Academic Success
Society & Capitalism	Business Pathways & Societal Participation
Private Travel, Hobbies & Adventure	Care Leaving Bucket List





3: Adjourning Mountain Summit

When July 2029

Where Katschberg
(3.5 hours from Munich / Vienna)

Program (1) Arrival Day incl. Dinner
(2) Workshop Day
7:00 - 9:00 Sports
9:00 - 10:00 Breakfast
10:00 - 13:00 Workshop I
13:00 - 17:00 Mountain Summit
17:00 - 18:30 Wellness
18:30 - 20:00 Dinner
20:00 - 23:00 Workshop II
(3) Guided Integration Day
(4) Departure Day incl. BF

I guide and support you

In Care Leaving Coaching™, I support Young people with experience in out-of-home care in consciously shaping their personal and professional development – with a focus on individual resources, biographical disruptions, and structural challenges. Together, we strengthen resilience, sharpen perspectives, and develop achievable next steps.

Topics such as housing, finances, health behavior, social relationships, educational pathways and career orientation, processing of biographical experiences, socio-emotional belonging, self-care, and financial independence are all given space – alongside a metacognitive peer exchange on equal footing.

The Care Leaving Coaching™ is understood as a multidimensional educational and consulting process – with the goal of fostering individual self-efficacy and building sustainable educational trajectories.

I offer structure, reflection, and impulses for your journey – toward a self-determined life in connection with yourself and society.



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Make use of my expertise

Every person is oriented toward growth – and this applies equally to all group members with diverse existential backgrounds. The collective institutional trauma in the context of out-of-home care often acts as an unresolved shadow that blocks development and transformation: when one part of the whole refuses to feel and another part is excluded, the entire system suffers. But self-healing and transformation require all parts.

The Care Leaving Coaching™ is based on my research, teaching and consulting activities. It creates a safe space where Young people with experience in out-of-home care can reflect on, integrate, and transform collective, transgenerational and individual experiences into strength. The goal is to experience belonging and to rewrite one's own story with self-determination.



With the Careleavers Only: Care Leaving Coaching™, I create space for metacognitive peer exchange and support you in navigating the transition of leaving care as well as your care leaving processes throughout life course transitions.

Participation & Conditions

Participation available upon request

Prerequisite: Goal and direction clarification (25 minutes; online via Zoom)

Live-Online-Sessions: Quarterly (120 minutes each, including two 4-day in-person components)

Maximum: 12 participants (16–25-year-olds)

Membership: 2 years (8-session block)

Digital Alumni Membership: 1 year

€ 600 plus 20% VAT per session

€ 4800 plus 20% VAT for a 8-session block



