

A Soulful Transition

Give departing leaders more than a landing — a new beginning.

A structured 8-week group program that turns career turbulence into renewal — built on the architecture of MBSR.

8 weeks

Cohorts of 8-14

Zoom or in person

English & Mandarin

Measured pre/post outcomes

THE 8-WEEK ARC

WEEK 1

Meeting the Sunday Night Dread

Turning toward anxiety with curiosity — observing the storm without being swept into it.

WEEK 2

You Are More Than Your Job Title

The Identity Detox: space between the person and the professional costume.

WEEK 3

Loving Your Job Without Marrying It

Caring fully about outcomes without being destabilised by them.

WEEK 4

The Spark Joy Audit

Releasing outgrown “Robot Work” and locating the Zone of Genius AI can't replace.

WEEK 5

Meaningful Work 2.0

Sensing emerging direction through four felt streams — not forcing an answer.

WEEK 6 • THE CRUCIBLE

The Void Between Trapeze Bars

Staying steady in not-knowing without grasping at the wrong next move.

WEEK 7

The Finance of Freedom & the Resonance Tribe

Fear literacy for the “Mortgage Fear,” and peer support that outlives the program.

WEEK 8

The Whole Leader in the Boardroom

Integration: a personal practice commitment and a sustainable way forward.

Between sessions: a 10-minute daily guided practice, one evening reflection line, weekly chapter reading, and one applied experiment — the spine that converts insight into change.

WHAT IT IS

An 8-week group program for senior leaders affected by restructuring. Outplacement rebuilds the CV and the search; this program works on the inner transition — identity, anxiety, direction — so people grow through the change, not just past it. Modelled on MBSR, the most researched behaviour-change curriculum in the world. Fully secular, corporate-appropriate language.

PARTICIPANTS LEAVE WITH

- Steadiness with anxiety and uncertainty
- An identity larger than the job title
- A clear map of strengths — and the “Robot Work” to release
- Fear literacy around money
- A sustainable daily practice and a lasting peer group
- Measured pre/post change on six dimensions

HOW IT IS DELIVERED

- 1:1 orientation intake before Week 1 (developmental, not clinical)
- Weekly 90-120 min cohort sessions, 8-14 participants
- Optional “Day in the Void” immersion around Week 6
- Book, practice audio & participant workbook included
- Pre/post measurement you can report to sponsors

YOUR FACILITATOR

Chunfeng “Breeze” Dong — founder of Springbreeze Ventures and author of A Soulful Transition (2026). Two decades in strategy consulting (Roland Berger) and change leadership at Siemens, ABB and Roche; ICF PCC & CPCC coach and mindfulness teacher. Delivers in English or Mandarin, in person across Switzerland/Europe or via Zoom.

PARTNERING

Embed it in your executive packages, stand up dedicated cohorts after restructuring events, or begin with taster sessions. Every partnership starts with one pilot cohort and a shared review of its results.