



KATIE RÖSSLER

growing through life's challenges



BIOGRAPHY

Katie Rössler is a licensed counselor and grief healer with over 12 years of experience helping individuals, couples, and families live healthier, happier lives. As an American living in Munich, Germany with her husband, 2 girls, and a baby on the way, Katie is not new to life challenges and loss. 2018 and 2019 brought on a series of losses in her family, including the death of her mother without warning. Her mission is to help others face life's challenges and grief without fear and with support.

Katie grew up moving around in a military family and learned to love meeting new people and getting to know new places. After finishing high school, Katie graduated from Mississippi State University with a B.S. in Psychology and a Certificate in Women's Studies.

As a dreamer, Katie's vision was big: She wanted to help families and couples grow stronger together through life's challenges.

After experiencing her own parents' divorce in her teen years, she realized there were some key elements missing to her parents' relationship and her family's dynamic that could easily be taught to future couples and families. This added to her mission to get her Masters in Marriage and Family Counseling from The College of

William and Mary. After two years of studying, Katie went on to work in in-home counseling and at a residential treatment facility until completing her residency hours and achieving her license.

It was time for her to live her dream: owning a private practice and hiring other therapists specialized in areas she didn't work in so that families could come to the practice and get all the support they needed from one place. She set off with determination to achieve her goal, and in less than three years accomplished it. Over 500 people were served in Hampton Roads, Virginia by Katie and her team of therapists helping them improve their lives and relationships.

Motherhood was Katie's next goal, and she took some time off from work to stay at home with her first daughter. She learned the struggles of going from the working world to staying home and after her second daughter knew she needed to create a program to help other moms through this transition.

The From Stay at Home Mom to Chief Household Officer® was created to serve Katie and the new mom friends she had made after moving to Munich, Germany. She realized that struggling to be a stay at home mom was not just an American

thing. It impacted moms from around the world.

During her career, Katie has successfully owned two private practices, in the USA and in Germany and began impacting a larger online community through online courses and products.

She has been asked to hold workshops for Facebook Community Leadership Circles-Munich and the MOPS European Leadership Conference. Katie also works with Boston Consulting Group to provide workshops for their Munich team on productivity and work/life balance, as well as created a workshop during the pandemic on how their employees can work more effectively from home with kids. This workshop was presented online to employees internationally.

Katie is co-founder of Women Entrepreneurs of Munich, a non-profit organization to support the English speaking, female community in Munich who desire to be successful in their endeavors as entrepreneurs. She also has completed Level 2 Certification for the Gottman Method Training for couples therapists.

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PODCASTS

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Linked below are just a few of the podcasts features:

[Counseling for Cross-Cultural Relationships](#)

[How to Make a More Equal Partnership](#)

[The Secret Components & Rules to a Successful Family Meeting](#)

[Katie Rössler: Running Her Home Like a Business](#)

[How to Kid-Proof Your Marriage](#)

[False Beliefs Around Grief with Katie Rössler, LPC, NCC](#)

To find more, please visit [Katie's Podcasts page](#)

TOPICS

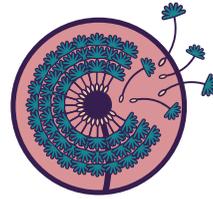
- Facing grief and life challenges
- Healthy communication skills in relationships
- Expat relationships
- Work/Life Balance
- Burnout
- Challenges transitioning to motherhood
- Kid-proofing your marriage

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“Katie significantly helped me to reflect on, navigate and accept a major life change. Her patient, friendly and insightful counsel was a lifeline for me: she’s an excellent listener, with a sharp ear for details that might otherwise be missed. Working with her felt like a unique experience, tailored for my needs.”

Jamie

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“We have been working with Katie since 2019 to provide support to our working parents in regards to work/life balance, productivity, and self-care to prevent burnout.

She was able to hear the needs of our employees and tailor her workshops to our team. Katie speaks with confidence and ease and helped the employees to feel comfortable sharing their own experiences with each other during the workshops.

I highly recommend working with her to support your team or community in giving them tools to healthier habits.”

Daniella Westephalen
Senior Manager Global HR at The Boston Consulting Group

ARTICLES

Katie enjoys writing for Medium and supporting bloggers with articles to teach their communities about grief, life challenges, motherhood, relationships, and work/life balance.

[Giving My Anger a Voice](#)

[Grief & The Hulk](#)

[The Silent Grievors During Covid-19](#)

[Your Internal Warrior](#)

[It's Time To Take A Stand](#)

[The F Word that Needs To Go](#)

[No One Needs Four Vacuums](#)

[The Art of Arguing: The Four Argument Styles](#)

[Marriage in a Rut? How to be More Intentional in Your Marriage After Kids](#)

[When You Fall Off the Wagon with a New Goal](#)

[Moving for Love](#)

[A House Divided By Ketchup – Understanding Cultural Differences In A Relationship](#)

[Living the Mom Life with Purpose](#)

[4 Ways to Combat Loneliness and Isolation as a New Mom](#)

[A Home Full of Gratitude](#)



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“I found Katie during a dark moment (dark year!) in my life. Struggling to keep my head above water, sad, and feeling lost, she has become a true beacon of light shining out of the gloom.

Somewhere along the line I was taught that asking for help is taboo, that I should be able to figure things out on my own- after all, isn't that the model of the independent, strong, modern day woman? I've learned that the true strength comes in reaching out when I feel the burden becoming too much.

Meditation, a practice new to me, is one of the many tools Katie has provided to help me work through my grief. During our first guided meditation together- goodness me! The second I closed my eyes the floodgates released. Emotion flowed that I was ignorant of harboring. I still remain a bit in awe- during each meditation with Katie (and, now, independently) I feel as though I am just getting to know- and love- myself.

The most valuable gifts our sessions have given me are the coping mechanisms to help myself. I've realized I've got everything I need, right here inside me. Katie provides the starting point and the tools to help me find the room to express the pent up thoughts, feelings, and needs. It's a very exciting expedition and I'm so thankful Katie has helped me open up this part of myself that's been dormant for so long. It's a major comfort in this journey of exploration and growth to have Katie right there next to me, encouraging me with her non-judgmental, wise, and thoughtful words of wisdom.

Carrie

CONTACT

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