



BA Bossert Academy
Katja Bossert, MCC

Couple Coaching Retreat in Côte d'Azur

Redefine your relationship.
Re-design your future
Couple Longevity.



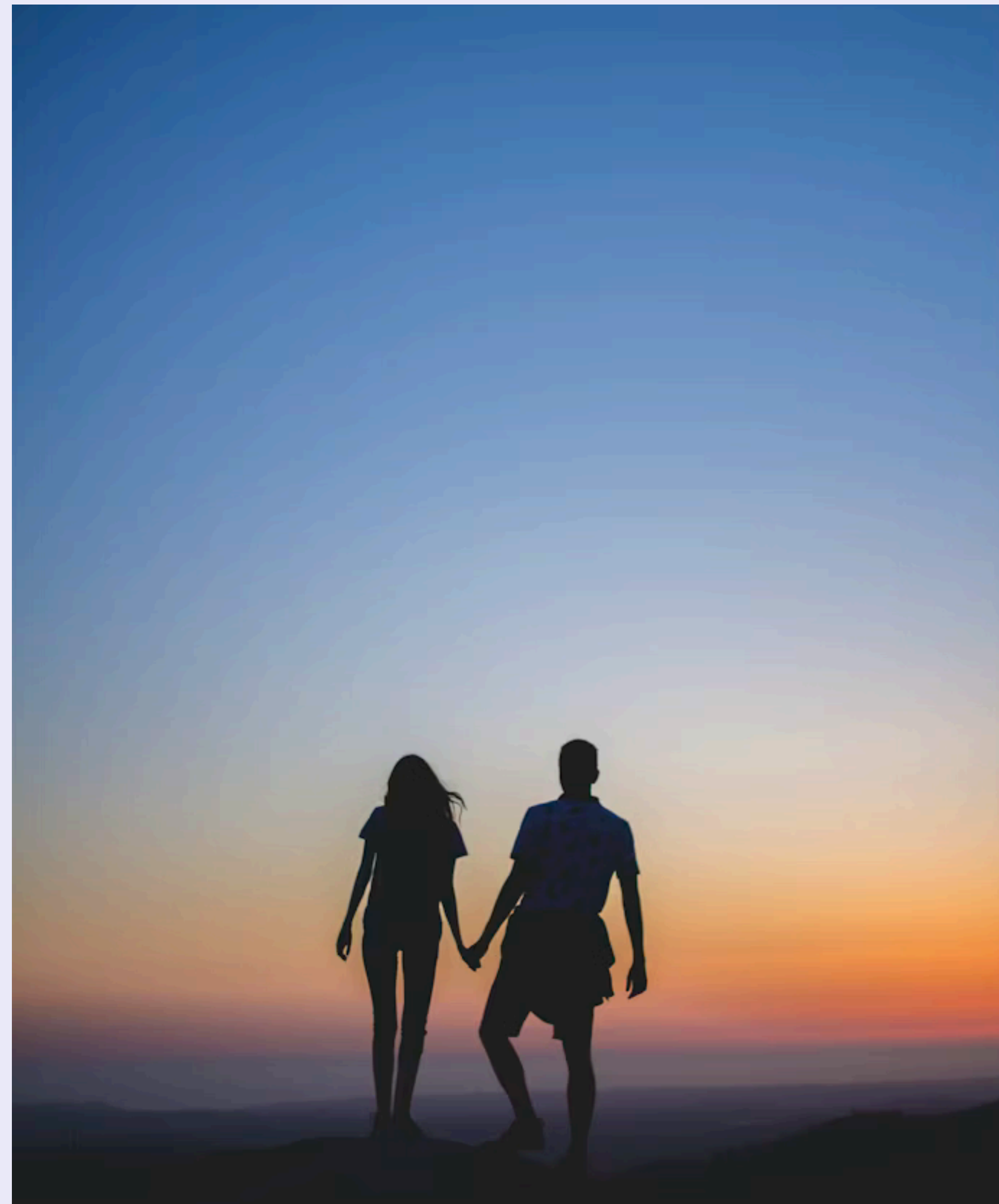
Why this Couple Coaching retreat?

A space for couples who have built a life — and now ask what comes next.

Long-term relationships face predictable transitions. Research on life-span development and couple dynamics shows that phases such as empty nesting, dual-career strain, and shifting identity often destabilize previously functional patterns. Without reflection, couples tend to default to compensation strategies—overgiving, avoidance, or silent resentment.

This retreat creates the conditions to interrupt these patterns.

Set in the quiet beauty of the backland Côte d'Azur, this retreat brings together sun, nature, and deep coaching work. Days unfold between pool, landscape, and structured reflection. You step out of routine and into a setting designed for clarity, connection, and deliberate change. Like the structure of the referenced retreat—combining coaching, embodied practice, and a contained, trusted group space —this format integrates mental and relational work with physical presence.



Core themes

Empty Nest – What Now?

Reconstructing shared meaning beyond parenting roles. Evidence from developmental psychology shows that couples who actively redefine purpose report higher long-term satisfaction.

Dual Career –

Managing Complexity

Balancing ambition, time, and mutual recognition. We work on explicit negotiation instead of implicit sacrifice.

Lovers and Partners – Communication That Works

Moving beyond functional exchange toward emotional precision. You learn to distinguish signal (need, value, boundary) from noise (reactivity, projection).

The Risk of

Overcompensation

Giving out of love can become distortion. We identify where generosity masks unmet needs.

Emotional Awareness and Self-Regulation

Drawing on affective neuroscience: naming emotions reduces their intensity and increases agency. You will practice identifying underlying needs and regulating responses.

From Expectation to Agreement

Clear agreements outperform unspoken expectations. You will design concrete, testable relational “contracts” for everyday life.

How we work

- Couple Coaching (together and individually)
- Structured reflection formats grounded in ICF coaching standards
- Working in a group with other couples helps for perspective
- Optional yoga, massage and body-based practices to increase interoceptive awareness
- Time for integration: nature, culture pool, silence

Who guides you

Götz and Katja, a couple with 25 years of shared life, three children, and two careers, both certified at PCC and MCC level (ICF).

They run dual career workshops successfully since years.

You work with practitioners who combine professional rigor with lived experience of the exact transitions you are navigating.

What this is

Not therapy.

Not a workshop with generic tools.

A structured, high-trust environment for real decisions about how you want to live together going forward.

Outcome

- A clarified shared direction
- Explicit agreements for daily life
- Increased emotional literacy
- A more conscious form of partnership
- Not as an abstract insight, but as a set of practices you can implement immediately.



Community, Connection & Confidentiality

Extended Time Together – This Airbnb-style arrangement within a beautiful historic 10 bedrooms villa, complete with a pool. This exclusive place also features a dedicated yoga facility for our group.



Retreat Journey

May 25–26, 2027

Optional days of relaxation in Opio & self-organized exploration of Côte d'Azur

Early arrival on 25th possible. Latest arrival on May 26 evening.

May 27, 2027

Couple Coaching Day 1

Daily rhythm with deep couple coaching sessions, midday break time with pool and discussion, and relaxation. Afternoon couple coaching and wind-down evening.

May 28, 2027

Curated Programs: Nature / Culture

We put together a wonderful:
1. Exploration of the nature of Gourdon and Esterel and
2. Cultural program with Fondation Maeght and Villa Ephrussi de Rothschild.

May 29, 2027

Couple Coaching Day 2

Back to our daily rhythm with deep couple coaching sessions, midday break time with pool and discussion, and relaxation. Afternoon couple coaching and wind-down evening. Dinner at Katja and Götz' house with a sea view.

May 30, 2027

Couple Coaching Day 3 & Closing

Last day of our daily rhythm with deep couple coaching sessions, midday break time with pool and discussion, and relaxation. Afternoon couple coaching and wind-down evening. Program ends at 17:00.

Couple massage separately bookable for all days from May 25 to May 30.

Logistic, Costs & Contact

Location: Opio, South of France, approximately 30 minutes from Nice Airport.

Accommodation: San Peyre Villa – 5 nights in own room. Single rooms available. Shared spacious villa featuring 10 bedrooms and yoga / group coaching room.

Group Size: Maximum of 6 couples

Fee to Join: €3,900* per couple (€600 in cash) for the entire retreat package, excluding travel/transport and meals except for the Saturday dinner, and optional massage or entry tickets.

For further information:

Contact us at academy@bossert-associates.com

or [click here to register immediately.](#)

