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THREE HIDDEN KEYS TO OVERCOME CHALLENGING TIMES

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Webinar May 19th 2020



**IRELAND
PORTUGAL**
Business Network

WELCOME

The image features the word "WELCOME" rendered in large, 3D, colorful letters. The letters are arranged in two rows: "WEL" on the top row and "COM" on the bottom row. The colors are: W (magenta), E (light green), L (orange), C (blue), O (yellow), M (purple), and E (green). Behind the letter "O" is a stylized sunburst graphic consisting of a large yellow ring with several smaller yellow teardrop shapes radiating from it. The entire scene is set against a plain white background with soft shadows cast by the letters.

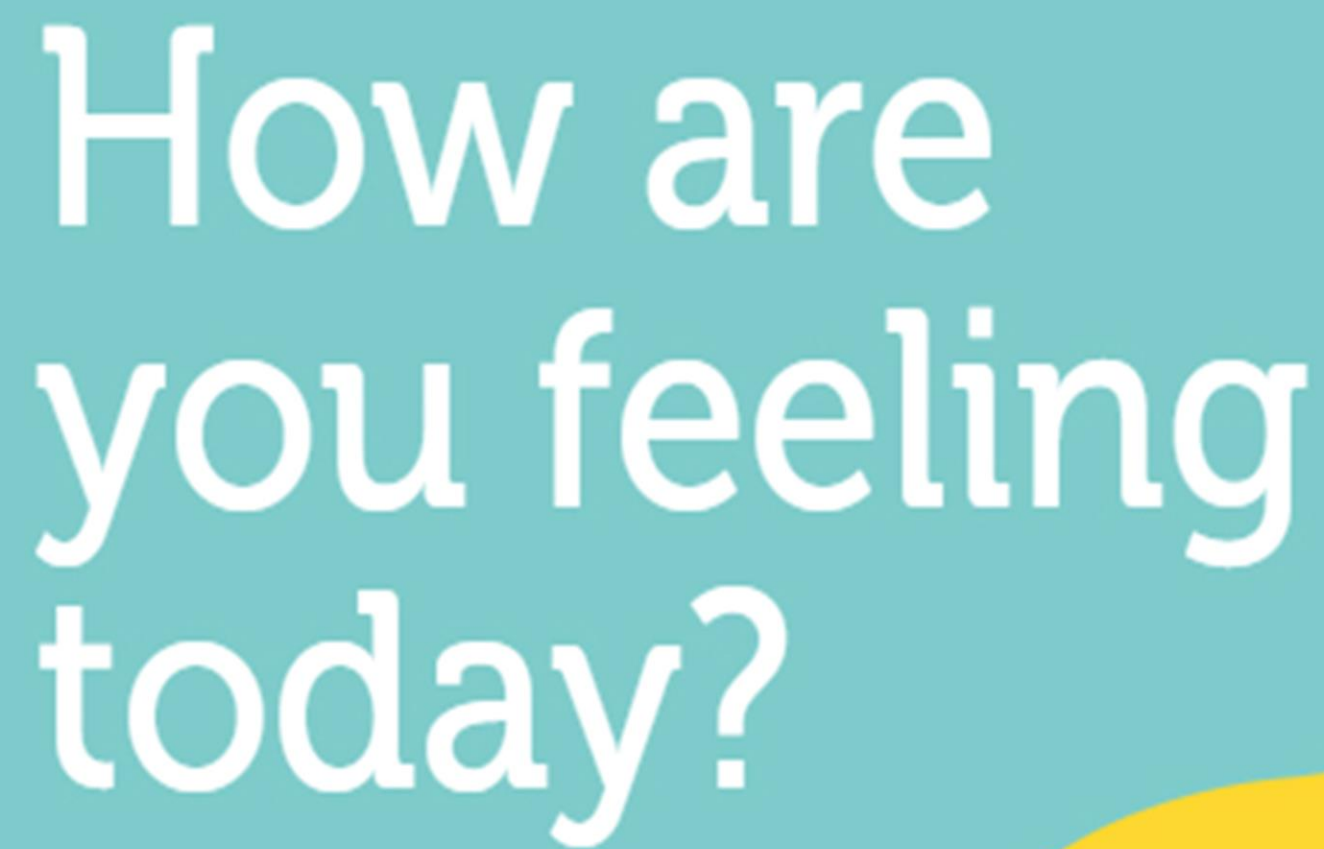


CHAT BOX

Are you an expat or foreigner?



How are
you feeling
today?



Feeling anxious

Feeling it's hard to focus

Having a hard time coping

You're in the right place!

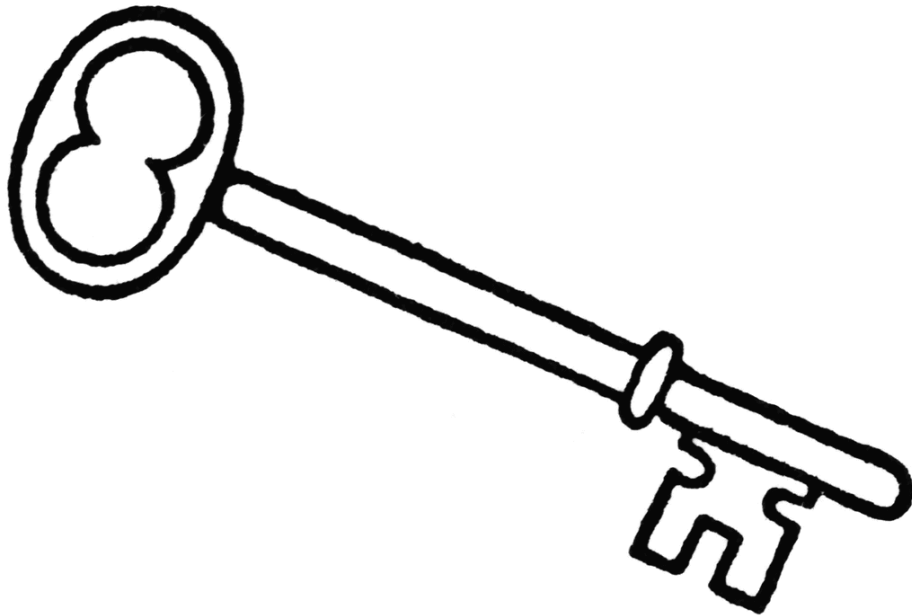
At the end of this webinar you will:

- Understand the phases of a transition**
- Learn how to focus your energy on what really matters (to you)**
- Learn how to be more positive and productive
(no matter what life throws your way)**





HIDDEN KEY #1




**Have you ever heard the
term “Culture Shock”?**



UNDERTAND CULTURE SHOCK

cul·ture shock

/ˈkʌltʃər ˌʃhɑːk/ 

noun

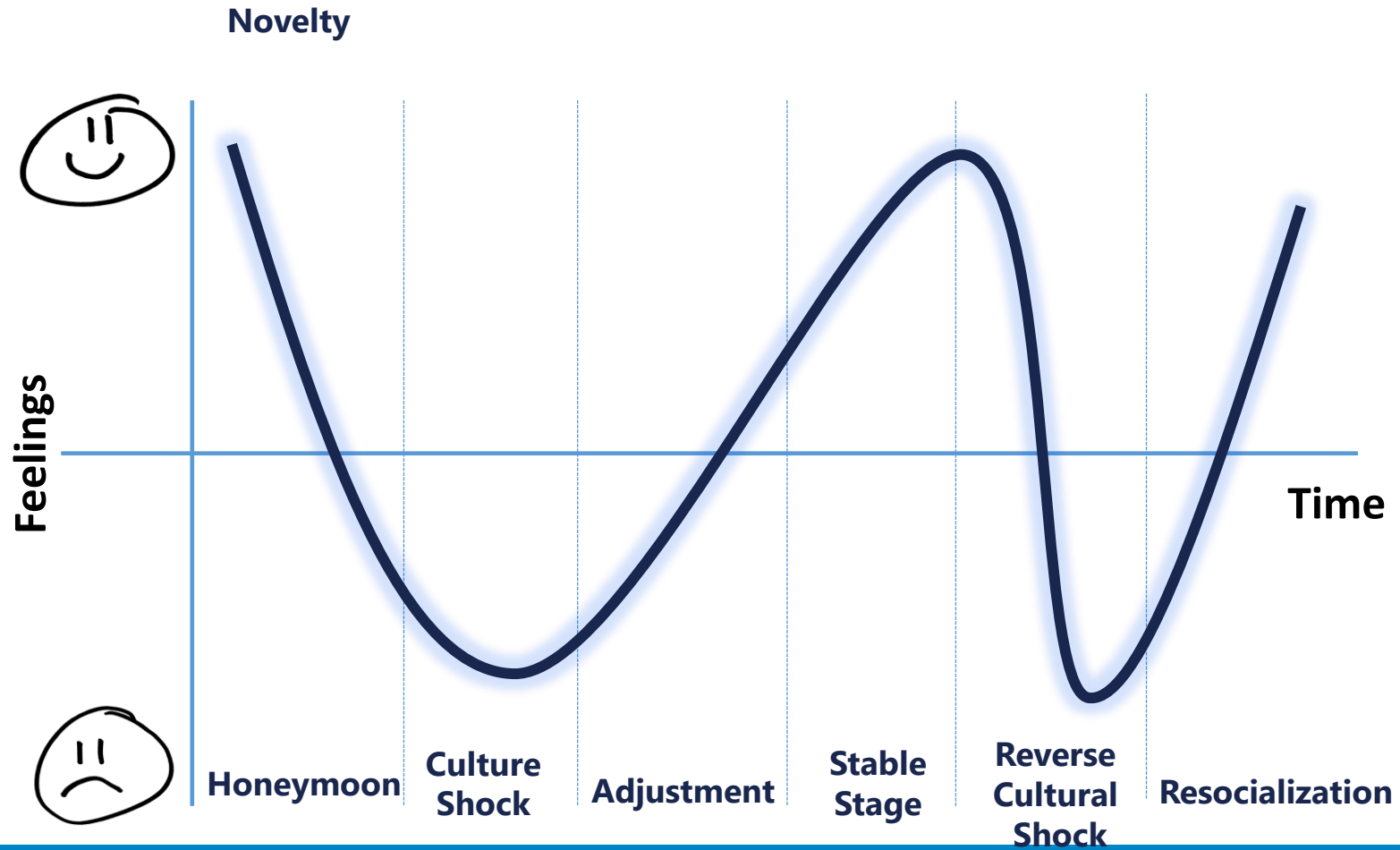
1. the feeling of disorientation experienced by someone who is suddenly subjected to an unfamiliar culture, way of life, or set of attitudes:
"jet lag, culture shock, altitude sickness; we struggle to get to grips with this, our first morning in South America"

Powered by [Oxford Dictionaries](#)

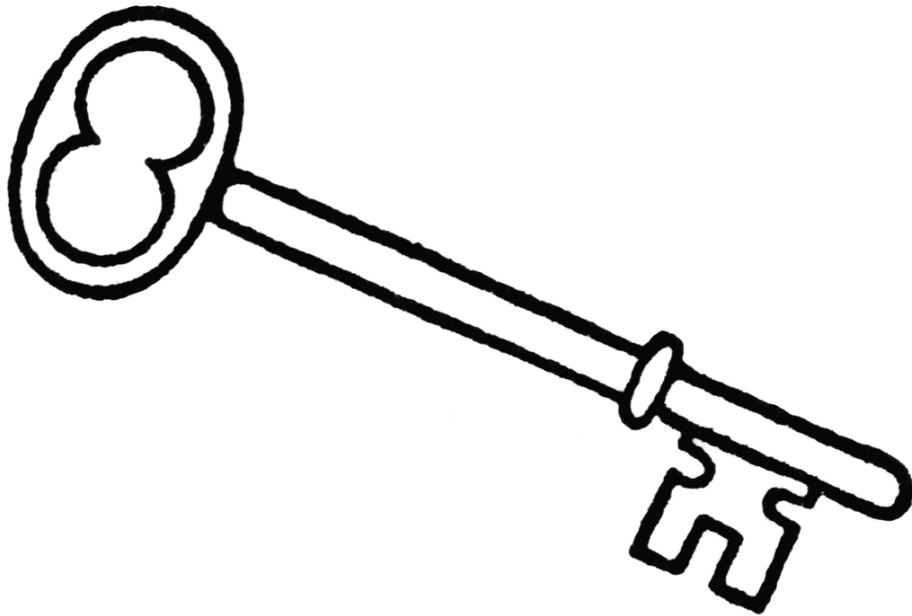
CULTURE SHOCK SYMPTOMS

- Feeling of helplessness
- Feeling homesick
- Fits of anger over delays and other minor frustrations
- Delay or refusal to learn the language of the host country
- Fear of being cheated or robbed

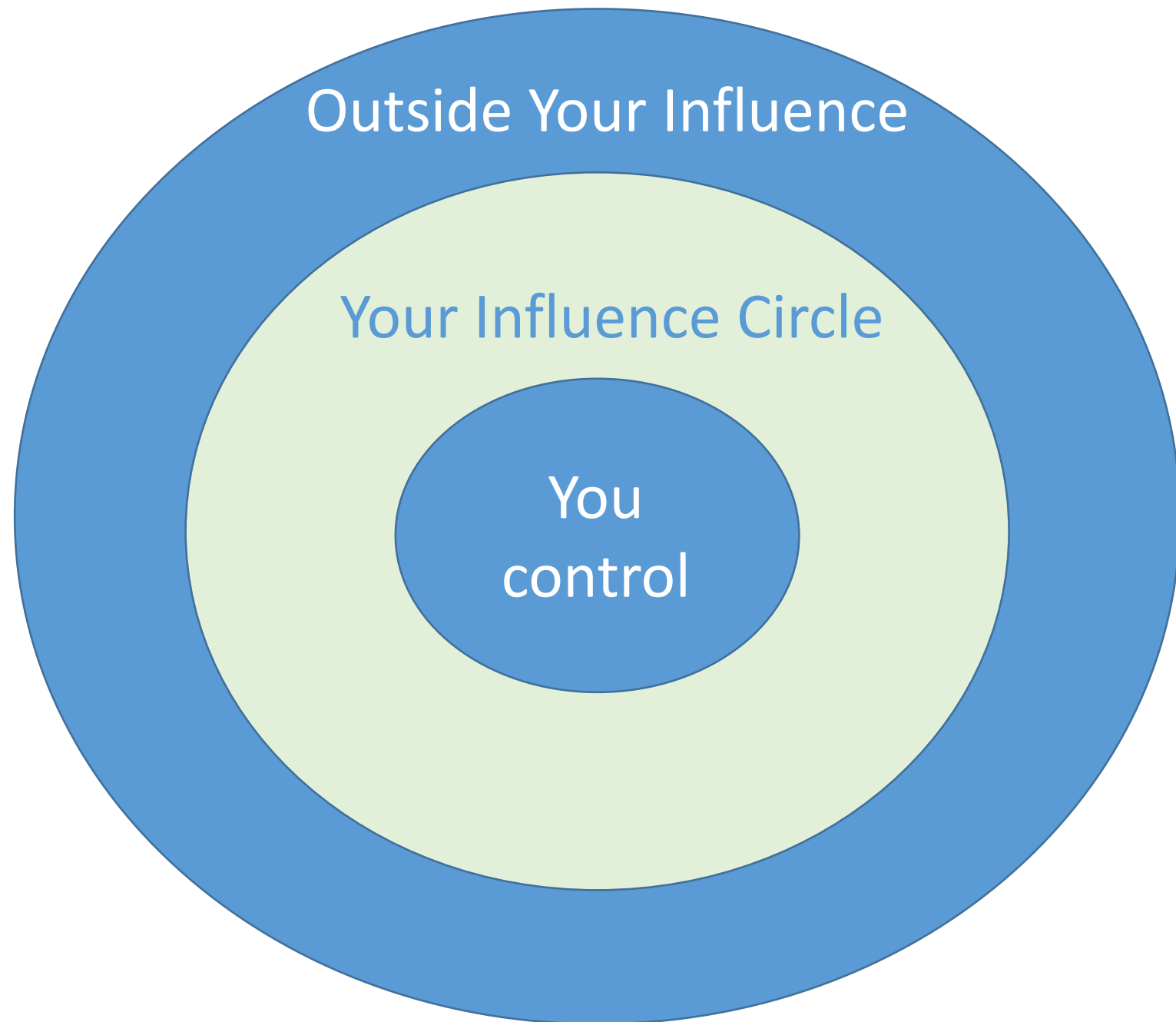
The W Curve



HIDDEN KEY #2



CIRCLES OF INFLUENCE



SERENITY

to accept the things
I can not change

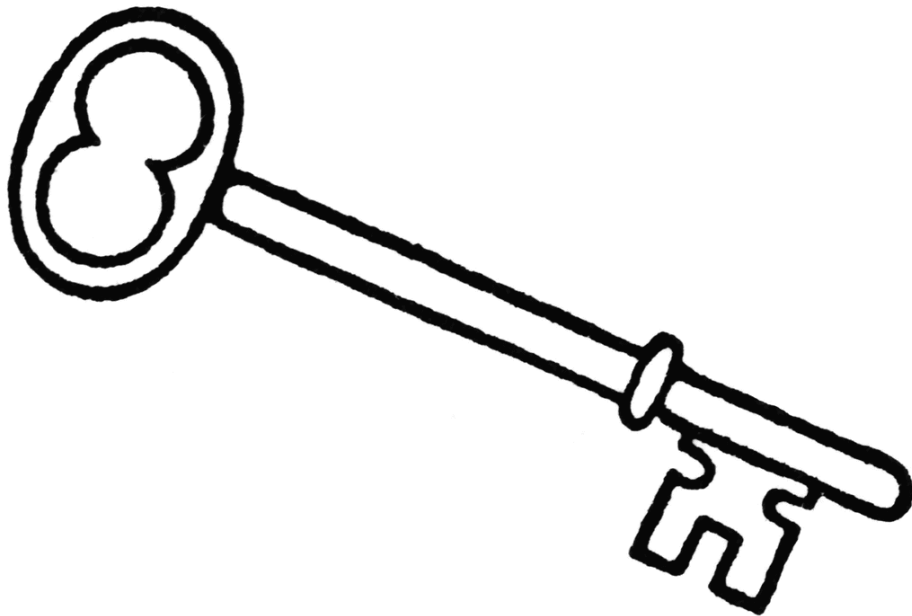
COURAGE to change

the things I can and

WISDOM to know

the difference

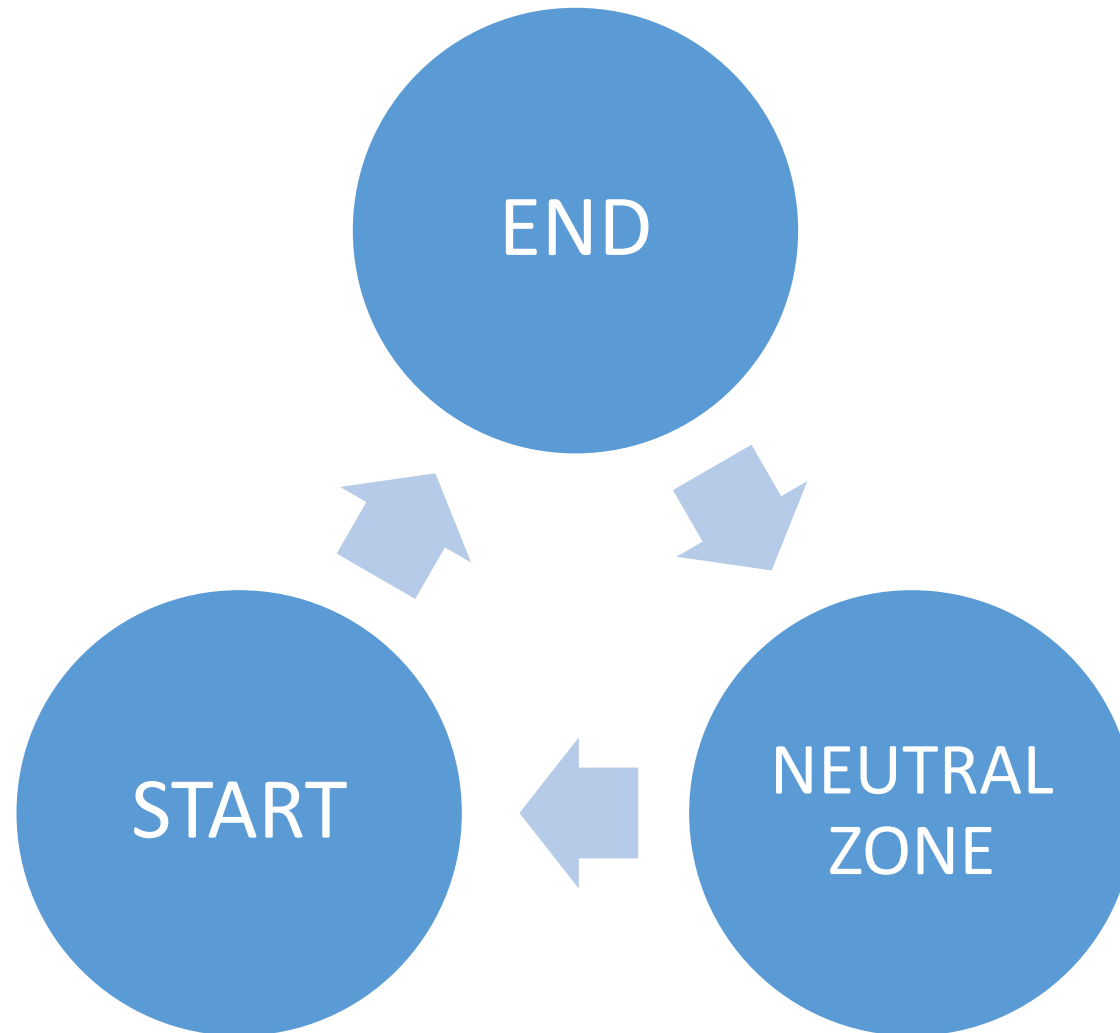
HIDDEN KEY #3



Write in the chatbox

**What's the difference between
change and transition?**

THE PHASES OF A TRANSITION



WHAT TO DO DURING THE NEUTRAL PHASE?

Identify what depletes your energy

(people, habits, food, thoughts, objects...)

Recognize what gives you energy and joy

(people, habits, food, thoughts, objects...)





Step 1:

Think of 3 things that deplete your energy

Step 2:

Think of 3 things that bring you energy and joy

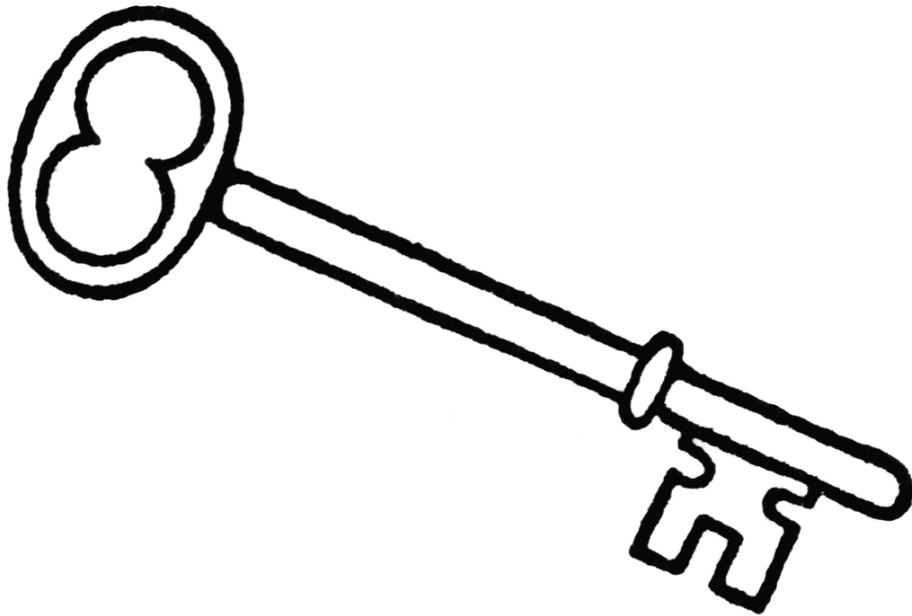
Step 3:

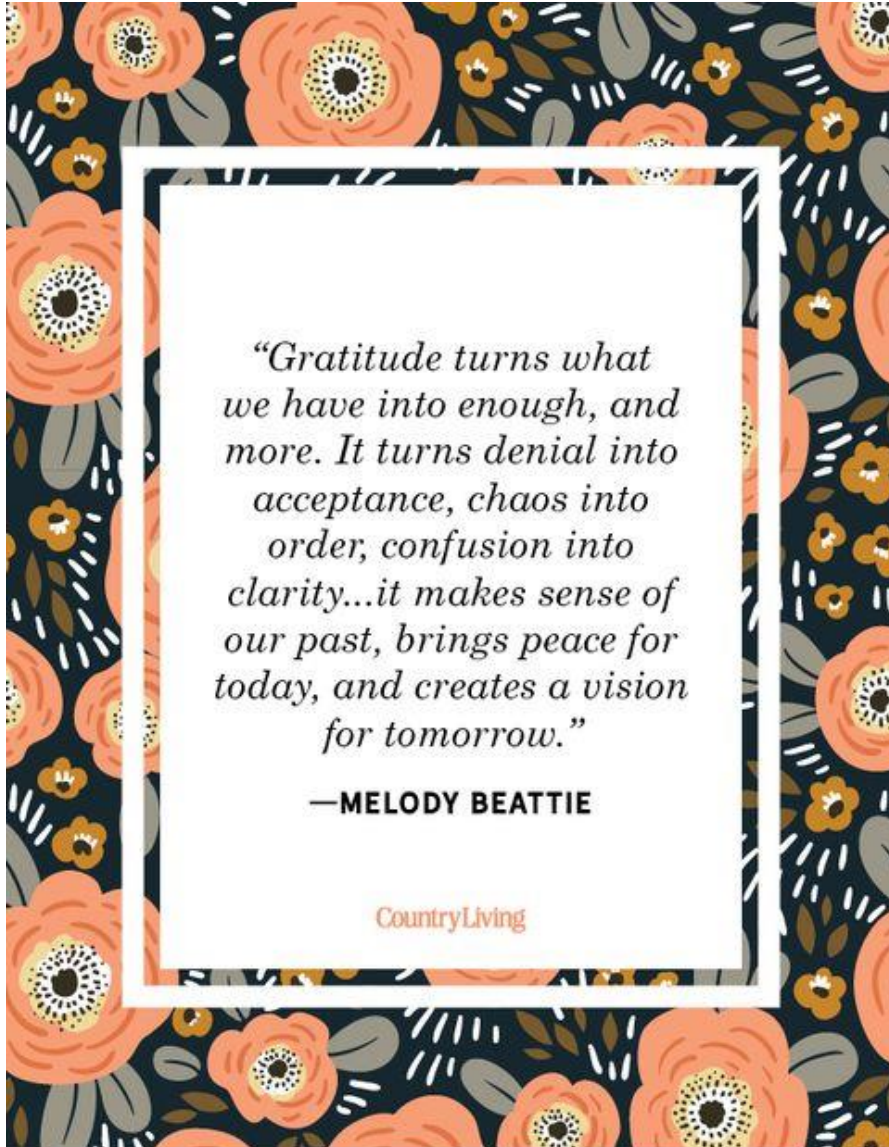
Choose 1 thing to eliminate & 1 thing to incorporate or keep

How you are going to celebrate your accomplishments?



BONUS KEY





START A GRATITUDE JOURNAL

- Every night, before you go to sleep, **write down 3 things you are grateful for in that day.**
- **Be as specific as possible. BUT,** if there are days that you're grateful for a roof over your head, having running water and food in the fridge, that's OK.
- **You can use a notebook,** a notes app on your phone or even create a gratitude jar.
- Do what feels right and what **you can do consistently.**

just one
word

How are you feeling now?

Q&A

THANK YOU!



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