EXPAT INNER CIRCLE PROGRAM

Thrive in your international journey



Second edition 100% online

OCT - NOV 2020



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Connect the dots of your international journey

Whether you're planning to move abroad and want to make conscious choices about your adjustment in the new country or you've moved to a new country and you're feeling lonely and having a hard time adjusting, this is for you.

WHY DOES CULTURAL ADJUSMENT MATTER?

Up to 40% of international assignments in corporate settings fail.

The most common reason for an early return is having problems with cultural adjustment (1).

Moving to a new country is a major life change with a considerable amount of financial and emotional investment.

Anticipating and dealing with issues such as expat guilt, loneliness and challenges with culture shock can make a huge difference in overall wellbeing and make your life (and your family's) a lot smoother and easier.

(1)//WWW.HRREVIEW.CO.UK/ANALYSIS/CAN-EMPLOYERS-REDUCE-RISKS-SENDING-EMPLOYEES-OVERSEAS/109682#_EDN3

Program Goals

The Expat Inner Circle Program offers you the opportunity to get expat coaching in a group with likeminded people, and in the confort of your home.

During this six week group program you will:

- Design and clarify your cultural transition goals.
- Access and utilize your internal and external resources.
- Learn the typical phases of cultural transition and how they affect your life abroad.
- Understand personal and cultural values and how they influence your cultural adjustment.
- Share experiences and challenges with peers.

Who am I?

I am an expat & culture transition coach and an intercultural psychologist.

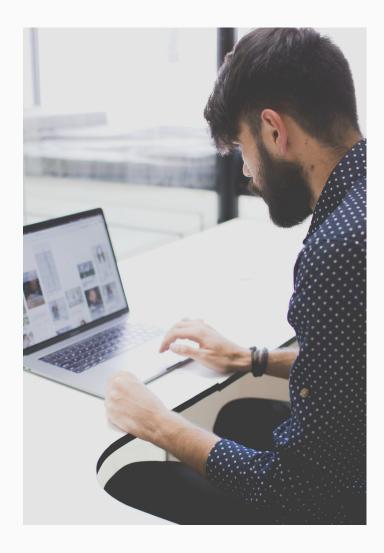
I have lived, studied, and worked in 5 different countries and I have experienced successful transitions and some complete failures.

During my last move, I was motivated to understand why sometimes we fail and sometimes succeed when moving to a new culture.

This quest led me to pursue a Master's in Intercultural Psychology at ISCTE-IUL and a coaching certification at ICC (International Coaching Community).

With these tools in hand, I found myself equipped to help individuals going through their own transitions so they can have a smooth and easy life abroad.





How does the Program work?

WEEKLY ONLINE GROUP MEETINGS

Online group meetings will take place on 6 consecutive Saturdays.

Participants will receive a link with password via email two days prior to each meeting.
The weekly meetings last 3 hours.

After the end of the program, you will have two follow up meetings.

INDIVIDUAL ONLINE COACHING SESSIONS

The program includes two individual coaching sessions that last 60 minutes each.

ACTIVITIES

Every week, participants will receive exercises (workbooks and videos) to be completed before the weekly group meetings.

INVESTMENT

399€

EARLY BIRD SPECIAL until July 30th 50€ off + 1 bonus individual coaching session



