

# EXPAT INNER CIRCLE PROGRAM

Thrive in your international journey



*Second edition  
100% online*

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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 ADJUSTMENT 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](http://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

[BOOK YOUR FREE ENROLLMENT CALL HERE](#)

