

BOOSTING YOUR SENSE OF SELF AS AN EXPAT PARTNER

More Information

Are you an Expat partner or spouse who wants to **embrace the opportunities** that relocation presents and create the expat life you truly deserve?

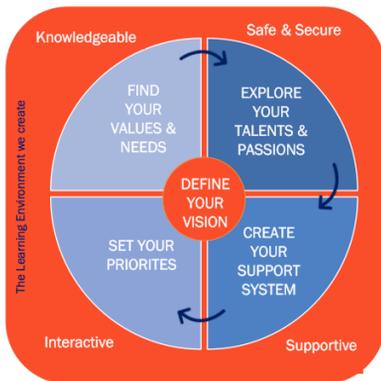
Then this is the workshop for you!

Following your partner overseas, giving up your career, leaving family and friends behind, recreating a home and settling the children is an overwhelming and exhausting job.

A real **challenge** that leaves little time for you and mixed feelings.



Are you ready to move beyond surviving to thriving?



What will you gain?

- ❑ A **boost in confidence** to engage with the challenges of your new life overseas.
- ❑ **Motivation and inspiration** to establish your global identity
- ❑ **Support** from two experienced professionals who will guide you through your journey
- ❑ A **sense of belonging and connection** to other expats who understand what you are going through.
- ❑ The first step towards a **fulfilling and fun expat life**.

Why choose us?

[Florence Roisin](#)

Psychologist, Psychotherapist and Coach

[Kathryn Eade](#)

Cross-cultural Trainer, Facilitator and Coach

- ❑ **Extensive cross-cultural and coaching skills**, and **experience** of creating a portable career
- ❑ Believe in the power of **self-development** whilst **being outside your comfort zone**
- ❑ Create a **personal vision** based on your **values, strengths and aspirations**
- ❑ Enhance your **awareness** of your competencies so you can turn your **great ideas in to practical action**
- ❑ Only work with **small groups** so you receive professional facilitation with a personal touch

What have others said?

I left the workshop feeling energised, hopeful and happy. Really useful to talk to others that are living the same thing.

This workshop is well thought through. Presented perfectly. I felt comfortable and at ease. Kathryn and Florence work brilliantly together.

I'm taking away loads from this workshop. Most importantly how to stay centred on myself and not only focused on the needs of others"