

Expatriate Experiences and Challenges



WEBINAR

You are a hero !

Be aware of your
Expatriation Experience
and leverage it !

Your work sheet



WEBINAR WORKSHEET

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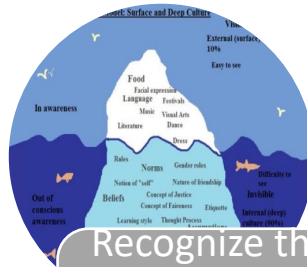


PART 1



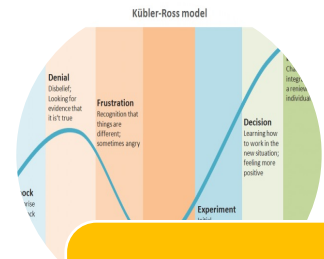
Ask yourself:
Why you are
doing this and
express the
impact on your
identity and
your personal
goals

PART 2



Recognize the
changes on
your reference
points :
Habits,
environment,
social
relations,
family ,
believes...

PART 3



Help you by
recognize,
accept and
read your
emotions to
adapt your life
with yourself
and the others

THE RULES YOU HAVE TO KEEP IN MIND

- 1- Adapt your system to balance: adaptation and pain versus motivation and gain.
- 2- Build habits, relationships, environment to feel safe.
- 3 -Honesty - Communication - Non-judgement
- 4- Manage uncertainty and novelty

« LEVERAGING THE EXPATRIATION EXPERIENCE IS ABOUT CREATE AN AUTHENTIC DIALOGUE BETWEEN YOUR NEEDS, YOUR MOTIVATIONS, YOUR ENVIRONMENT AND YOUR EXPERIENCE »

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1

Awareness of
what that change means for you

**ALWAYS
REMEMBER
THAT YOUR
CURRENT
CIRCUMSTANCE
IS NOT YOUR
IDENTITY.**
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1

Awareness of what that change means for you

THE PROJECT/THE EXPATRIATION

- What is happening ? Describe your expatriation project

- The impacts of the project on you, personally ?

Pros (list them)	Cons (list them)
-	-
-	-
-	-
-	-
-	-

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Awareness of what that change means for you

DECISION

- How much is your level of involvement in the expatriation project?
⇒ give a score between 1 and 10 and explain this score:
- What is your role in this expat project ?
 - You are the one you propose and lead the project
 - You are a follower in this project
- Which category do you identify with?

1/ I'm looking for the ultimate immersive experience	3/ I want to change my life and detach myself from emotional and family patterns
2/ Life test to prove to oneself capable of regaining physical, emotional and psychological autonomy	4/ Following spouse in their professional context, not inclined or prepared for the experience

=>Your answer:

- Write down what that means to you:

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Awareness of what that change means for you

- What is the reason why you said yes or you propose it ?
Ask yourself what are your deeper motivations by doing this "5 why" exercise

Why I am moving / I moved to Sweden ?	
Why...?	Because...
Why...?	Because...
Why...?	Because...
Why...?	Because...
Why...?	Because...

- Do you like your 5th Why answer? Don't over think just go with your gut.
=> Give a score between 1 and 10 =
- The reasons of that score ?

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Awareness of what that change means for you

ACCEPTANCE

YOUR LEVEL OF ACCEPTANCE OF THE EXPATRIATION PROJECT WILL INFLUENCE THE WAY YOU WILL LIVE THINGS AND THE WAY YOU WILL ENTER IN YOUR NEW LIFE

- At how much is your acceptance of the fact that an expatriation is a big change ?
=>Give a score between 1 and 10 and explain your score:
- At how much is your acceptance of leaving an experience with emotional fluctuation ?
=>Give a score between 1 and 10 and explain your score:
- What big positive change -as a birth, a wedding, a move..- did you leave in your life ?
- How did you do to go through ?
- What did you learn (mindset, actions) that you can use in your current situation?

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Awareness of what that change means for you

YOUR IDENTITY EVOLUTION – “The introduction game”

DEPENDING ON YOUR LIFE, YOUR BELIEFS, BUT ALSO THE IMAGE YOU HAVE OF YOURSELF AND YOU WANT TO GIVE TO OTHERS, YOU WILL PRESENT YOURSELF DIFFERENTLY. THE WAY YOU INTRODUCE YOURSELF INFLUENCE THE WAY YOU THINK AND YOU ACT

- How did you present yourself before your expatriation – which words did you use ?
- How do you present yourself now - which words do you use?
- Are you ok with the image you have of yourself?
=>Give a score of satisfaction between 1 and 10 and explain it:
- Are you ok with the image you give of yourself?
=>Give a score of satisfaction between 1 and 10 and explain it:
- If you are not OK, how would you change your introduction ? which with specific words do you want to communicate ?

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PART 2

ADAPTATION & REFERENCE POINTS

“

Not everything
that is faced can
be changed,
but nothing can
be changed until
it is faced.

James Baldwin

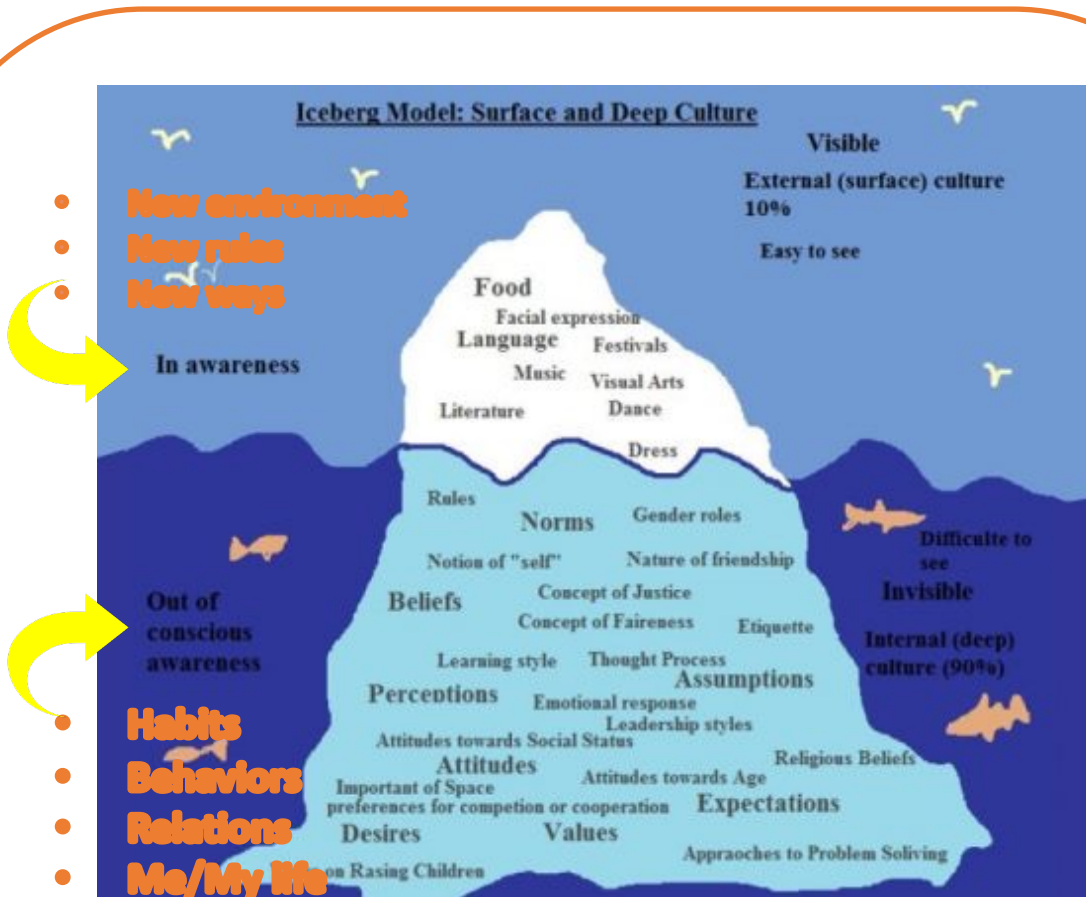
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PART 2

ADAPTATION & REFERENCE POINTS



Remind you this Iceberg showing the visible and invisible culture elements.

The questions you will have on the following pages will help you to:

- ⇒ **Be aware of** your main cultural personal elements,
- ⇒ **identify** your main reference points
- ⇒ and **decide** actions to renew them, in your new environment

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PART 2

ADAPTATION & REFERENCE POINTS

ADAPTATION TO A NEW CULTURE – The Top of the Iceberg

	What do you like / appreciate ?	What do you dislike / don't understand ?
New environment		
New rules		
New communication modes (language, behavior, ...)		
Something else ? ...		

- How will you improve your knowledge of the new culture (according to the needs and topics that you are interested in)?
action example : go to the public library and borrow books on the history of the country, next Friday !

Your turn !

- Action 1:
- Action 2:
- Action 3:

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PART 2

REFERENCE POINTS CHANGES

- Resume what you have learnt in terms of strengths and challenges

Topics	Strengths in your move	Be challenging - To keep an eye on	Have a neutral impact
Knowledge			
Decision			
Acceptance			
Identity			
Adaptation to a new environment			

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PART 2

REFERENCE POINTS CHANGES

- Regarding reference points, Which habits do you want to recreate or renew to feel better, energized and at home in your new life and country ?

	Describe the actions with as much details as possible : when, duration, frequency, place, practical organisation
Personal daily routine (sport, listen to music, cinema, shopping, take care of you ...)	
Social habits (friends, association life, ...)	
Family routine / habits (with family, spouse, children, ...)	
Professional routine / habits (personal habits at work, with colleagues, ...)	
Spiritual routine / habits	

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PART 2

REFERENCE POINTS CHANGES

- Regarding what you have learnt of the situation, what actions do you want to implement to change the situations you want to change, for your well-being

Please select here the most important subjects for you for your well-being and think to easy action where you can have quicj and enjoyable results . The idea here is to buid the road to a goos and happy expat experience

What do you want to change	Why ?	How ?	What will be your fist actions (1 to 3) and when

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PART 3₃

Awareness of Your emotions

**“Your intellect
may be confused,
but your emotions
will never lie
to you.”**

Roger Ebert

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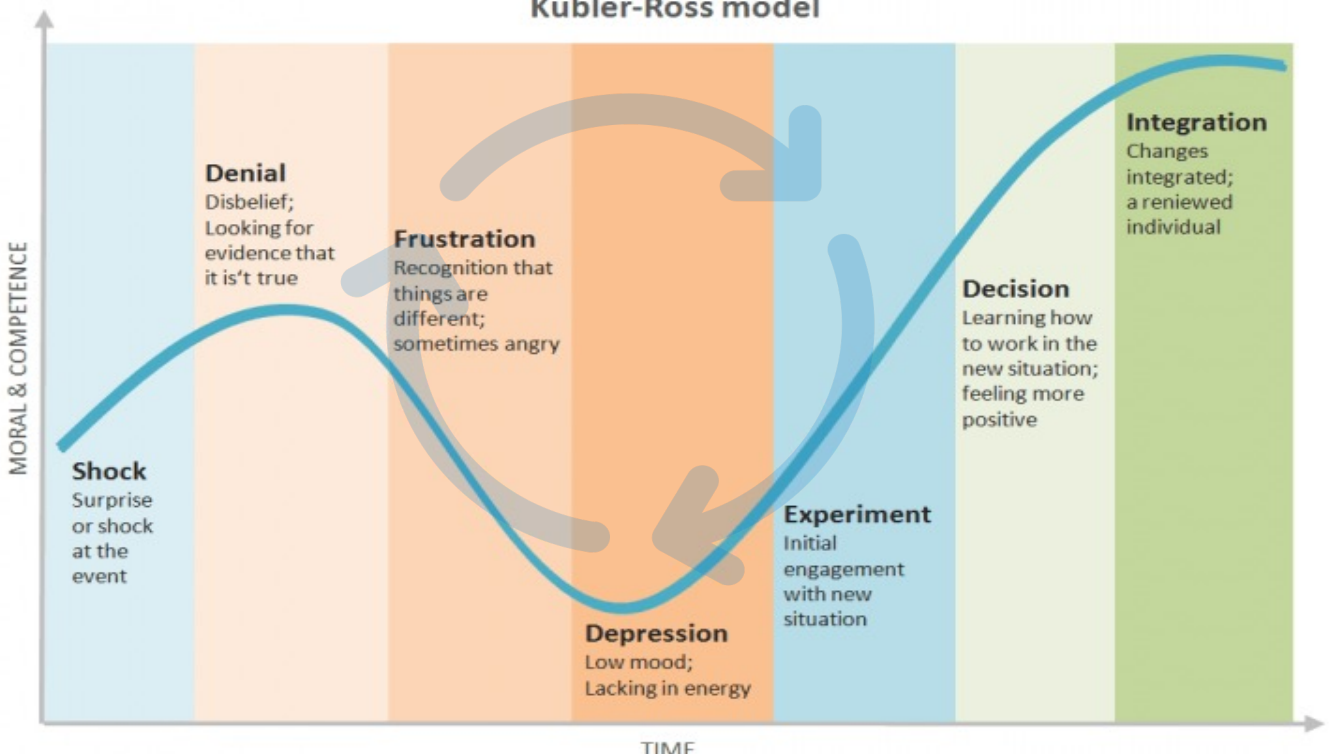
PART 3₃

Awareness of Your emotions

This part is about feelings and emotions. Emotions are fundamental messengers :

- Be connected to your emotions without judgement
- Acceptance of what they are
- Listening to the meaning
- Adapt your actions to the phase with kindness ... because you are a hero and you live a big change ☺

Kübler-Ross model

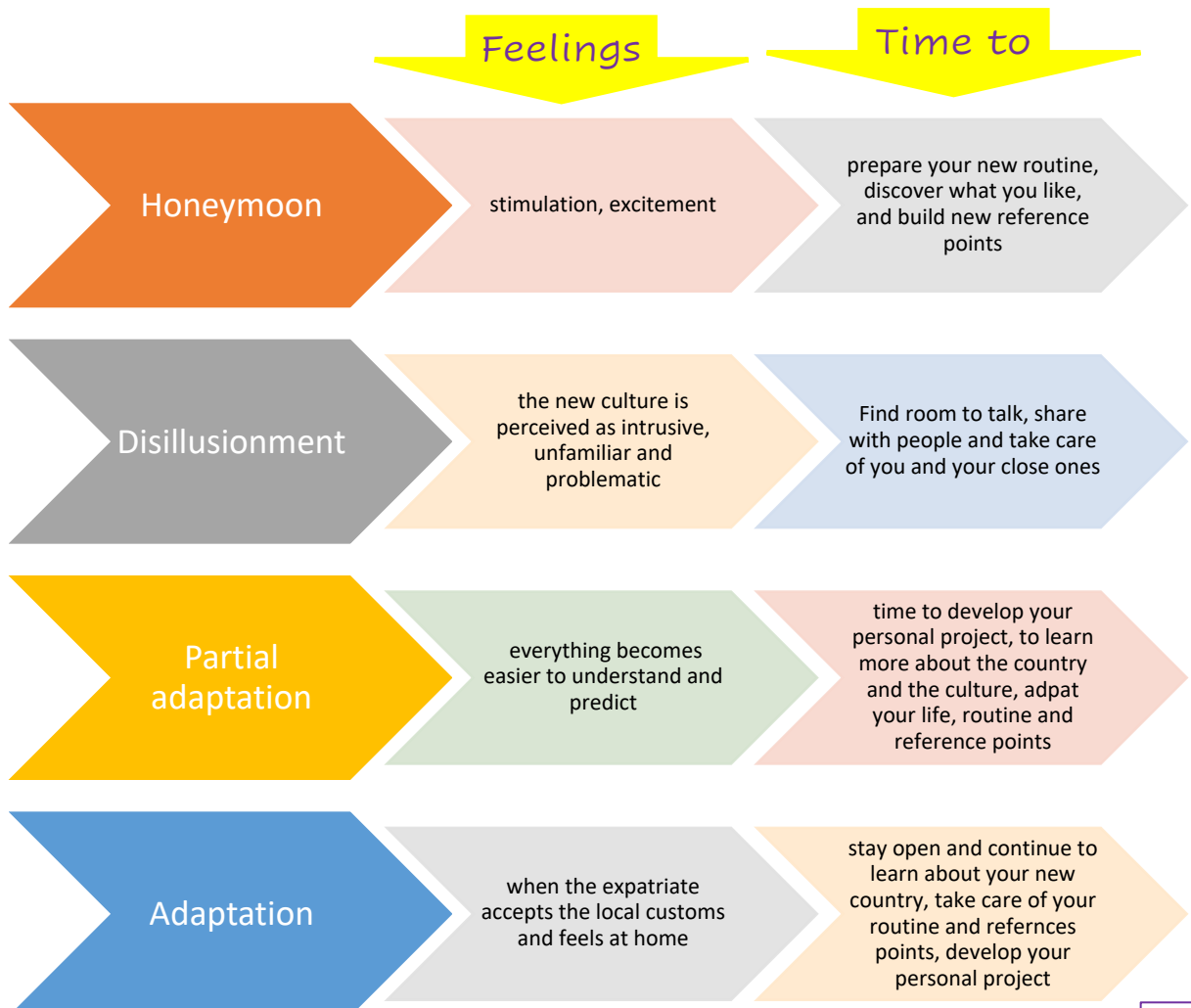


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PART 3

Awareness of Your emotions

- Depending on the phase you are going through, which actions do you want to do to adapt yourself, take care of you and other ?

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CLOSING

YOUR COMMITMENTS TO YOURSELF: THOUGHTS AND ACTIONS

*What do you decide to do to leverage your experience
and feel good*

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- 👉 If you have questions or if you want to go further, you can contact me by email or [Linkedin](#)
- 👉 If you want to know more about how I can help you and know more about me
Please, visit my website : www.dream-and-go.com

I wish you all the best !



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*Develop leadership, change and intercultural abilities for
a wonderful work , business and human journey*