

Accompanying or Trailing Spouse How it can be a GIFT!

Gift of Time – Self Discovery – Personal Growth

I have spoken to 100's of Spouses or Partners and often they view their upcoming Expat experience with fear, frustration and concern. They are not remembering that they have the power of choice on their side. Here are some choices to help you remember that this experience will be what you make it and you can make it a life changing and inspiring time for both yourself and your family. Your career and your dreams do not need to be put on hold!

- See it as a chance to take lifetime wishes and make them present time realities.
- Explore who you are and if you are on a path that brings you joy and life balance.
- Challenge yourself to find your passion and work around that vs. being in a career position that is not what you really want or taking a job in the host country just to work.
- Create a master dream list – determine all the things you wish you had time for or dream to accomplish and put them on this list. Post it somewhere where you can see it often.
- Distance Learning – advance your education or start a new line of study and career path.
- Explore some other talents that have been left quiet such as writing or painting and start doing it with the mindset that this is a career and NOT a hobby.
- Step back and review the situation through the eyes of someone you admire or respect. How do you think they would proceed? What would their attitude be?
- Build a support network from both your home and host country ensuring you have people to hear you regardless of the time zone. Include individuals who have lived abroad before so they can act as mentors for you. Give back to the newcomers in your area.
- Learn about culture shock, accept that there will be a period of time that you feel like complaining about everything and then get over it. Avoid the people that are still complaining more than a year into the assignment...they will drain you and are not supportive or helpful.
- Avoid isolation. Go for a walk everyday – get physically active and you will feel better and possibly meet new people. No groups in your area for Expats? Then create one!

You don't have to explore these things alone – I work on all these topics with my clients helping them create the Expatriate lifestyle that brings them the most joy and satisfaction.

Contact me to get started julia@juliaferguson.com or check out my site at www.juliaferguson.com