

One-on-one Coaching

You were excited and ready for the **big move** and you are more than ready to experience everything the new country and culture has to offer.

You know that this will be an experience that will enrich you, but you are just **not feeling it yet.**

You are doing all in your power to turn your **new house** into a **home** and know that to feel at home you all need that sense of belonging. Signing up for activities and keeping yourself busy is not giving you the fulfillment you expected.

The **reality** of the exciting, unpredictable nature of our expat life is that things don't always go the way we planned it.

We deal with the everyday challenges to make sure everyone around us transitions well in the new country but forget ourselves in the process.

We often think we are taking care of ourselves by making sure our loved ones are taken care of.

You are feeling **out of touch** with yourself, unsettled, unbalanced and don't understand why you find it so difficult to **truly connect** with your loved ones in your home country and with the people in your new country.

Or you're doubting if moving was a good idea and don't feel you can share that with your family and friends back home. And you don't feel ready to truly open up to the new people in your life

You never expected to feel **lonely and disconnected** and want to go back to feeling excited and ready to enjoy this multifaceted life without any guilt.

Knowing from my own experience how difficult it is to reconnect to yourself, it is my passion to support you in your journey to feel grounded and in control again.

Using a multitude of coaching tools and my 20+ years of global experience, I will support you in **reconnecting** with yourself so you feel **grounded, confident** and ready to **create and maintain** the **authentic connections** you need!

One of my first steps will be to support you in getting clarity of your values, how to integrate them in your life which brings you ease in navigating transitions in your life.

As each of us is unique in our own beautiful way, I create a personalized coaching program tailored to your needs and goals.

Instead of feeling like stepping into quick sand or being thrown 5 steps back into your progress, each and every time you are dealing with a transition, you will have ease and peace of mind, feel strong, grounded and able to navigate these transitions.

Depending on the transformation you wish to attain, I offer a 3-months or a 6-months program.

If you are interested to learn more and assess your needs, schedule a complimentary session with me where we will explore which option is best for you.

[Click here to schedule a 60-minute free session with me.](#)

Testimonial

My experience and progress have been amazing. Partly because of the authenticity, professionalism, encouragement, listening skills, feedback and mirroring done by Arlette. Reaching out to you, checking on you on multiple occasions. She really knows and understands the process, truly understands.

C.v.O

Bio

Born in Curaçao, I moved to The Netherlands when I was 19 years old to study Economics at the University of Rotterdam. Little did I know that it would only be my first move.

I started my career as a HR consultant before getting certified and teaching English as a Second Language during my years in Mumbai.

I am a certified coach with 20+ years of experience of multicultural expat life in Africa, Asia and Europe.

I support expat partners who struggle with building authentic relationships in their new home and the previous ones. Through my coaching programs I help them reconnect with themselves so that they feel grounded and more confident to create and maintain deeper relationships.

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