

Clarity session

You're about to move or have just arrived in the new country with so many items on your To-Do list.

You want to make sure everybody in your family has a great transition but you are not sure where to start or have so many unknown factors that slow you down in the planning process while the moving date is approaching.

You wish you had already some connections and people you can reach out to for guidance in the place where you will be moving, but you barely know anyone there.

There's nobody to talk to because either your friends are going through the same or you've not been there long enough to know who to ask for help.

- You don't feel in charge of your life
- You feel dependent
- You feel overwhelmed

You feel you should be able to handle this right? Wrong!!

Being in transition is hard. It doesn't matter where in the process you are, or if it's the first time or the 10th!!

By connecting with others already settled in the new place you will get the "lived and tested" tips that will help for a smoother transition.

By asking for help before you leave, you'll be able to hit the ground running!

Sometimes the easiest solution is the hardest one to take.

Asking for help is not easy when you're stuck in the process and don't know where to start. All you want is ease!

I'm here to support you!! In just **2 hours** you will find the guidance and have the clarity you need to get unstuck and get things done!

In the session we will explore your needs and you will leave with clarity and an action plan on how to move forward.

You will know how to make the connections even before you leave and arrive already knowing people who can guide you with for example, knowing where to live, find information about the schools, connect with international groups, find local hobby groups, etc.

You will have a safe space to process your emotions and get the clarity you need so that you can:

- Plan effectively what needs to be done
- Feel in control and grounded
- Be ready to tackle the challenges and uncertainties
- Put all the chances on your side for a smooth transition
- Have a support system and meaningful connections in place at your arrival

[Click here to book your Clarity Session!](#)

Testimonial

I had concerns about integrating in a new country. I was overwhelmed and wanted to do everything at the same time. Arlette is an amazing coach, she taught me to be patient with myself and to create time for myself. Now I feel confident, I know how to reach people and how to navigate new situations and how to handle the culture shock.

J.K.Patil

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.

[Click here to book your Clarity Session!](#)

