



# THE EXPAT ROADMAP

## How to go from frustrated to free; as an expat in 3 simple steps

It's almost always takes much longer than you expect to fully settle in, find your place, and create that feeling of home for yourself and your family. Many expats lose confidence in themselves once they move away from their friends, family, and career. They lose their sense of purpose, identity, and direction, this can lead to feelings of resentment, loneliness, anxiety and isolation.

The Expat Roadmap, a unique presentation where participants will learn the stages of adjustment. They will gain awareness of the process of transition and grow in acceptance. Thus getting back into the driving seat of their lives and no longer feeling powerless.

### In this session you will learn:

- The effects of culture shock at all phases and how to thrive through it.
- How to pinpoint where you are on the adjustment curve.
- How to use all your emotions as rocket fuel for success, confidence, and fulfillment, even the most triggering ones.
- How to release frustration and feel that you have more choice and free-will over how you think, feel and act in any given circumstance.



*Charlotte is very knowledgeable on the topic & as a coach she makes the explanations easy to relate to. I would highly recommend this workshop!*

**Ariadna Martinez**, Chair Parents Association,  
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