

Expatriate Coaching Concept

What can expat coaching do?

- Support the **whole expat family** during your stay in Vienna
- Offer an anchor for queries and concerns
- Support in networking with other expats
- Provide learning opportunities in English
 - Individual career coaching
 - Flexible training and 2+coaching modules
 - Tailored training to expat needs
 - Small group settings



Expatriate Coaching Concept

What we offer

- Professional coaching (accredited by the Sigmund Freud University) combined with life long expat experience
- Developed by an expat
- No membership needed
- “Schnuppern” recommended (one session 1+1 Coaching for free)



Your choices

1+1 Coaching:

Set your personal target and define your path

2+ Coaching:

Reflect cultural and personal challenges with other expats



Training Program:

Define your career path in Vienna in a 4 weeks training course

One off training:

- The ups and downs of the first 12 months abroad
- Self-motivation

Expatriate Training Program

Content

This training program supports you in the process of defining your career path as well as personal fulfillment in Vienna. Together we unfold your potential, strength and discover what makes you happy in your career. This training module gives you time to hold still, calm your mind, reflect your life in Vienna in order to create happy memories.

We are a group of expats giving each other strength and ideas

- Duration: 4 x 2 hrs with a 15 min break
- Tuesday morning @ 9:00 - 11:00
- Participants: 3-5 Expats
- Costs: 180,-€
- Where: Josefstaedter Strasse 73/10, 1080 Wien

Expatriate Training Module

Module 1

- Your resources

The first module is our starting point to find our strengths, resources and potentials.

- Who am I?
- Where do I come from?
- What resources can I call upon?

Module 2

- Your concerns

Fears and worries are a major hold back on our dreams and future. Only what we understand, we can also conquer. Let's dare to look at what is holding us back.

Module 3

- Your future

Allow time to unfold yourself. Let's think outside the box, get creative, get messy with our wildest dreams. This module is dedicated to your future, make it count.

Module 4

- Your practice

This module allows you to practise your ideas before you do them in real life. It might be a phone call, your first interview, a presentation you want to give or trying whatever new you want to practise.