Expat
life coach
in Hour
Pocket

Your personal guide for YOUR expat journey

The Expat Life Coach in Your Pocket

The guiding journal for your expat life

Kinga Kopfer-Racz

Written by Kinga Kopfer-Racz

Edited by Amanda John

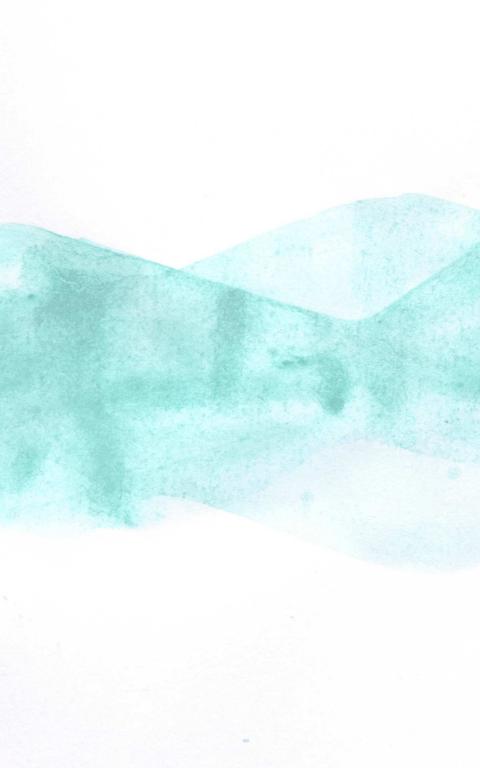
Designed by Kinga Kopfer-Racz and Lucy Read

The Expat Life Coach in Your Pocket

2017 Copyright by Smooth Landing

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any storage and retrieval system known to be invented without permission from the publisher.

Contact: Kinga Kopfer-Racz, Kinga@mysmoothlanding.com



often lead to beautiful destinations.

What is an expat life coach, really?

A life coach is someone whose aim is to empower you to do better in some field of your life and to guide you through the changes that you need to make to achieve your goals.

That field can be anything, really: diet, studies, writing skills, beauty or more complex life issues, like relationships, parenting or career change.

An expat life coach works in the same way, but she looks at your challenges through your relocation experiences.

She understands the difficulties that are especially relevant in an expat life. She empowers you to find the smoothest and best possible way for you to land and to ground in your new country.

What does a good coach do?

A good coach...

...helps you set your own goals.

 $\label{eq:continuity} \mbox{\tt ...doesn't think that he knows what's} \\ \mbox{\tt best for you.}$

...is curious and 'spoils' you with this curiosity.

 \dots asks eye-opening, thought-provoking questions.

...trusts you and never judges you.

...knows that you have the answers for all the questions – you just need to look for them a bit deeper.

...watches you experimenting, failing and succeeding eventually.

...and pats you on the back, when you've achieved your goals.

Why do you want to have the expat life coach in your pocket?

Because...

...once in a while you might feel a bit lost or stuck after moving country.
...you might feel alone with your issues.
...you might want to change in order to be the positive effect on others' life.
...you might want to look at your problems from another angle.

...probably what you need is the right questions and the space and time to find your unique answers for them.
...sometimes all you need is some inspiration to go on and to thrive in your

new life.

It's simple: Just use it! In a way that suits you the best.

How to use the expat life coach in your pocket?

This is your personal journal of your expat journey, so please feel free to write, draw, doodle on the pages.

The idea is to have a special notebook where you can vent your thoughts, record your feelings and memories.

Please feel free to ask your own questions, too – and answer them on these pages! You know your feelings and thoughts the most, so it's probably you who will ask yourself the best questions to move on!

Don't forget, this expat journey starts and ends with YOU!



The most common challenges of being an expat My life seems to be fine so why am I not happy? I've lost my energy and I feel blocked.

I feel that I can't catch up with the life I lived before. I can't let things go.

I'm worried about my future. I don't know what is my purpose of being here.

I feel all alone. I feel that it's only me going through such hard times. I feel that I have to cheer with everyone, while inside I feel miserable.





It feels like I'm sitting on an emotional rollercoaster.

I feel that I will never be good enough to compete with the locals on the job market.

I'm afraid that I will never fit in here. I feel so different.

Relocation puts a lot of weight on my relationships. I have a hard time finding friends.



What is most challenging for you at the moment?

My life seems to be fine why am I not happy

My life seems to be fine, so why am I not happy? When we move country we carry a lot of packages (of losses, unsolved problems, hurts, mixed emotions and worries) that can feel like a huge bag full of stones. Carrying them makes you feel tired and powerless.

Moving abroad means that we have to say goodbye to a lot of loved people, things, places and habits. Most of the losses stay hidden – as we have the illusion that they are easily available, because we live in a globalised world (with Skype, global brands, low-fare airlines). We will, however, miss them from our daily life, anyway.

When we move to a new country we don't really have the time to deal with our sad feelings – since we have to set up a whole new life – but unprocessed grief causes problems for everyone.

Expatriation brings loads of changes and we know how stressful that is. Being stressed for a long period is inevitably exhausting. You need to give yourself a bit of a break from time to time to recharge.

Acknowledging a powerful motivation for your move can easily balance out your losses.

Embracing your soothing, happy moments will decrease stress and anxiety.

My life seems to be fine, so why am I not happy?

What is missing in your life now?

What could make you happier and more energetic? How can you get it?

15

Who or what did you not say goodbye to before
moving? How could you make up for it now?

What was your (real) motivation to move country?

My life
seems to be
fine, so why
am I not
happy?

How much of this motivation is about you?

What could make you feel even more devoted to this motivation?

What are those small things that make you feel relaxed, recharged and happy for a couple of moments? Look for and embrace them - because your daily mood will determine your energy-level.



Be kind.

Be gentle.

And start with yourself!

I feel
that I can't
catch up
with
the life
I lived
before

I feel that I can't catch up with the life I lived before

If you are like the 90% of expats, your life has just turned upside down.

It's not only the place, where you live, but the people around you, the language you hear and speak, the working and living culture... everything... even perhaps your whole lifestyle...that has changed.

It takes time to get to know your new environment: where to shop, how to reach the offices, the doctors, etc.

When you had your life back home, 90% of your activities were already routines (so it was much easier to get through the days, achieve your goals). While now, it might be around 10%. A huge difference!! But you'll learn and your capacity for other things will grow, too.

We also tend to spend a lot of energy comparing things between our home country and the host country – even if it doesn't lead anywhere, really. Accepting that things are just DIFFERENT, helps a lot.

I feel that I can't catch up with the life I lived before Which area of your life do you need to change in order to get more balance again? (Family, social life, relationships, finance, career, education, personal growth, health...)

What kind of change do you need exactly on these fields?

23

I feel that
can't catch
up with the
life I lived
hefore

What concerns you the most?

What can you do about it?

Where do you think you'll be in a year you like that picture?	? How do
·	

How can you speed up your learning process about the new environment?

Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.

Mandy Hale

I'm
worried
about my

I'm worried about my future

We all feel lost and confused from time to time. The feeling is mostly rooted in the fact that we lost sight of our goals or because we've gone through huge changes.

Well, both might happen after relocation and the constant feeling of being anxious and worried about our life can be really devastating.

It is very typical that transition in place means also transition in time: leaving one place, learning a new one and building a new life often leads to switching between living in the past, the present and the future. Back and forth. This is a natural process, it, however, easily makes us worried about the future, because it is usually unclear.

These worries often don't have any real reason, but our mind can cling on them and can make us anxious about everything possible.

It all feels like sailing on a cloudy night, when you can neither see the sea and the land around you nor the Polar Star.

The most you can do is to find a new star to follow and to stay calm, so your boat won't rock until the clouds go away.

I'm worried
about my
futuro

What are you worried about exactly?

_

Do you have facts, real facts supporting your fears? Or are they rather rooted in the uncertainty?

What can you do to change this situation?
_
How will you do that?
_

I'm worried about my future

What do you think is the meaning of this relocation in your life? What are you learning from this journey?

What do you want from your life, really? What is leading you? What is your Polar Star?

33

How can you get closer to your Polar Star? How can you use this relocation to achieve bigger purpose?

What are you going to do as the next small step toward this purpose?

Sometimes you just need to take a deep breath...

I feel all alone

I feel all alone

Sometimes it feels very lonely – and not only in an expat life. It feels like no-one can really understand us, that no-one validates our feelings, that there's nowhere to turn.

Sometimes that might be true, as we are all unique, as we might be surrounded with people, who think differently or who don't have the insights that we have.

Other times, we create our loneliness. We often isolate ourselves because we fear to be vulnerable and to trust.

When we move country the fears can multiply, as we don't know anyone, we don't want to complain (neither to our local friends nor to our loved ones back home), we feel strange and different anyway, so opening up is very scary.

These struggles might have individually different manifestations, but all in all, they are there in every expat's life. Finding out that you are not alone in the boat already helps.

Go out – no matter how hard it feels sometimes – and start talking about yourself and your feelings. You'll see that the real story and the real feelings will bond you to others. Scratching the surface won't really lead anywhere.

Most importantly, connect with yourself! Start befriending you – so you'll never really feel lonely!

l feel all alone	Who are the people you can lean on, if you need —
	What can you talk with them about? What can you ask from them?
	What makes it hard for you to ask for help? How can you change it?

What do you like in yourself?

What are you withholding?

I feel all alone	Do you treat yourself as your best friend? What does it mean exactly? ——
	What can you change to do it even more so? ——
	What can you do to be a better listener of your own feelings and needs?

How do you react when others open up to you?	
What can you do to listen to others better?	
How do you know you are not alone? —	

Learn how to see. Realise that everything connects to everything else.

Leonardo da Vinci

It feels like
I'm sitting
on an
emotional
voller-coaster

It feels like I'm sitting on an emotional rollercoaster

And that's because you are actually sitting on one.

Just imagine the complexity of feelings that comes with the changes in your life: excitement, sadness, worry, love, grief, stress, pride, happiness, frustration, calmness and tiredness – just a few to mention. They march through you intensively at an extremely fast pace every day, every hour.

Being an expat also means that you are practically constantly out of your comfort zone. Meeting new people, new situations, having to prove yourself to everyone and everywhere. That will shake you like hell.

You can't really help experiencing various intense feelings, you can't control them, either. But you can do a lot to keep distance with them.

Acknowledging and accepting your emotions mindfully instead of getting under the influence of them is the way to find your balance after every loop on this roller-coaster.

It feels like I'm sitting on an emotional rollercoaster Check yourself regularly without analysing too much and without judgment.

How are you feeling? What is this emotion exactly? And what is the next one? And the next one?

Try not to interact with them. Just watch them as they were interesting birds in your backyard - coming and flying away.

47

How does the current feeling serve you? What is it trying to tell you?

It feels like I'm sitting on an emotional rollercoaster What would you tell to a friend, who reports the same feelings that you are feeling now?

Who can you share your feelings with?

What opportunities are you wasting because of being hooked up with your current feelings?
What can you do to change it?

You are not your feelings, they are only clouds on your beautiful blue sky.

51

I feel that
I will never be
good enough
to compete
with the locals
on the
job market

I feel that I will never be good enough to compete with the locals on the job market

Starting your career abroad might be one of the most challenging things that you've ever experienced. Proving your qualities after you left a well-built career behind and competing with others can be devastating – especially if you get rejected several times. Even your self-esteem might be hurt.

Feeling inadequate and some other negative thoughts might be created in our minds, too. Job search is a shaky and difficult business anyway.

There are so many aspects that you cannot be aware of and of course that you cannot control.

There are one or two things which are definitely under your control, though: your trust and honesty to yourself and cultivating your passion. You'll have qualities that will be beneficial in a new country, as well. (Maybe it's your foreign language or intercultural knowledge.) You, however, have to be creative and think out of the box, when it comes to your skills and dreams.

Moving country is a great chance to try out something that you would never have done in your old career. You might have a secret dream that will come true in this period of your life.

Don't be afraid to say your dreams out loud. They might come true one day if you start working on them

I feel that I
will never be
good enough
to compete
with the
locals on the
job market

What are your strengths? What makes you feel strong and competent in your work?

What are you most proud of in your life?

What do peop	le complime	nt you on	the most?

Forget about focusing on your weakness, you can obviously correct them to a certain level, but you'll be appreciated and loved for your strengths!

I feel that I will never be good enough to compete with the	What is the working environment you feel most at home? ——
locals on the job market	
	What makes you long for Monday mornings? ——
	What are you passionate about?

How could you turn this passion to a job? —
What is holding you back from (completely) changing your career? ——
What would you miss out on if you don't change? ——



Never stop cultivating your passion!

59

I'm afraid that I will never fit in here

I'm afraid that I will never fit in here

Coming from a culture and living in another (probably completely) different one can feel very strange. And that's also the beauty of it: part of you will belong to your home country and part of you will love your host country, so inside your soul and life, you'll mix the different elements of both.

Living in this Third Culture can be a great privilege, as you can create your life just the way you want – a bit of this and a bit of that.

There are situations, when learning and adjusting to your host culture is extremely difficult, if your values and beliefs are too far from theirs. In other cases, it's only us, who think that we are strangers. Often the locals accept and welcome us as we are, yet, the annoying feeling of being an outsider won't go away.

Instead of feeding this feeling or fighting it just try to connect to your true self and to the people who appreciate it. There are some of them everywhere. I'm afraid that I will never fit in here Who you are, really? Besides your job, family status, age or appearance...

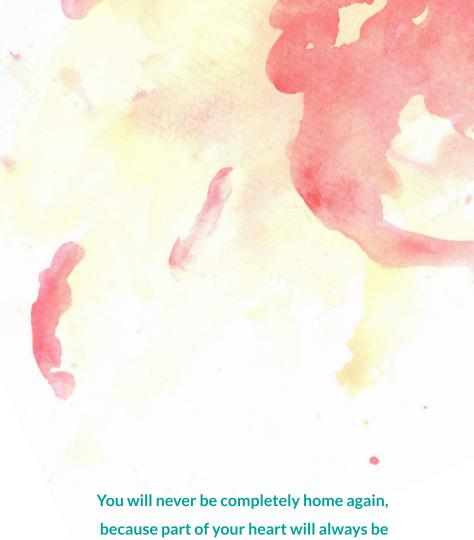
.

What are the most important values in your life?

What did you bring (and want to keep) from your home culture?
_
What do you like (and want to keep) from your host culture?

I'm afraid that I will never fit in here	What is the life that you want to live? ——
	What will free you up to live the life that you LOVE? ——
	What are you doing that you don't want to be doing in 10 years?

What can you do in order to erase these things from your life?
_
What does success look like to you?
When do you feel grounded and estimate
When do you feel grounded and satisfied? ——



because part of your heart will always be elsewhere. That is the price you pay for the richness of loving and knowing people in more than one place.

Miriam Adeney

Relocation puts a lot of weight on my relationships

Relocation puts a lot of weight on my relationships A lot is happening on the roller-coaster that we already talked about. During the journey we can be happy if we can keep our balance, but what will happen to our relationships?

Some will weaken, some will strengthen, some will vanish and some new relationships will come into our life. Unfortunately, sometimes even the most important ones get challenged or even broken.

There are so many questions or difficulties that can come to surface in your family. You and your partner might arrive differently in the new country. Your previously stable boat gets rocked by inequality, by constant change and by the emotional turbulence.

Your children might have difficulties settling, so you'll need to spend much more time and energy balancing them. Your mood will affect them, toohopefully you already understand that their emotional life is not independent from yours.

Your family and friends back home might be very sad or upset about your move leaving you with guilty feelings or conflicts.

And there's the question of making new friends: how can you do the work of years overnight? How can you make friends as an adult?

Those who thrive in their expat life put their close relationship first – before everything (career, comfort, money). You'll need your small safety net and you definitely need your own supportive self to be on your side!

Relocation puts a lot of weight on my relationships What will you do to keep your old friendships alive?

What can you do to communicate more clearly with your friends and family?

NA (1		
	can you do to ease the pain and partner?	a pressure d

Relocation puts a lot of weight on my relationships What do you love to do together with your loved ones? Do it more often! Bring laugh and joy to your everyday life!

What can you do to make your child feel safe?

What can you do to support yourself? ——
How can you use the supportive inner voice of yourself, instead of the nagging voice of your inner critic?
What does FRIENDSHIP really mean to you? What are you looking for in a friend? ——

Where we love is home.

You might not always need an expat life coach to guide you through the challenges of your expat life. But you need thought-provoking questions and more importantly you need honest and encouraging answers from yourself. In case you find it hard to ask or answer those questions, asking help from a coach is still absolutely okay. Thousands of expats do that in order to get closer to the expat life they LOVE.



Dear Fellow Travellers,

I'm really glad to welcome you at this beautiful and very challenging journey, we call expat life.

I moved country with my husband and two small children, with an impressive educational record and professional experiences, with enthusiasm and optimism, but after years of trying to catch up with my old life, I got stuck, highly stressed and depressed.

I realised that I needed to do something completely differently. So I started to turn my attention inside: I started to discover a hidden self of mine, I started to cultivate my passion and after years of work I ended up living the life that I'd always dreamed of – nothing similar to my good old life, but much better! Despite all the struggles and difficulties I'm extremely grateful for my relocation that challenged me to make the changes I needed to step up.

Meeting other expats and hearing their struggles, inspired me to bring my experience to others, too. I became an expat life coach, got certification in Personal Leadership by Columbia University, NY and I took a diploma in psychology, which I'd been dreaming of for more than 15 years.

I founded SmoothLanding with the aim to empower my fellow 'travellers' to level up and create the expat life they LOVE.

I run group coaching programs for expats, I create online courses and I provide individual coaching, as well.

I am an eternal optimist and I believe in the power of change. I simply love people and I love guiding them with heart and brain. This is my true passion and I'm very grateful to live it.

I hope you'll find yours, as well, and that you can create the expat life that you love!



And what is your story?



When we move country we carry a lot of packages (of losses, unsolved problems, hurts, mixed emotions and worries) which can feel like a huge bag full of stones. Carrying them makes us feel tired and powerless.

Unpacking those bags starts with understanding the difficulties that we, as expats, face. At the same time it is about asking the right questions and giving ourselves honest answers to them.

That is what The Expat Life Coach in Your Pocket is going to help you with, so that you can get closer to living the expat life you LOVE.