



# Coaching for returning expats

You have developed yourself further abroad. You have gained new resources. In repatriation coaching, we support you in reflecting and verbalizing what you have experienced. We support you in taking a panoramic view of your experiences, mastering the difficult and retaining what you have learned. This way you can take a deep breath and move forward with new life energy.

With our modules, we support you in realizing the skills you have acquired and applying them in the now and today. Of course, individual support is included in every module. In addition, you can always:

- Book offers bilingually
- Participate with your partner and/or whole expat family
- Take advantage of the special offer for expat kids

In our offers for families, we accompany and support all expats in the key points of change. Two coaches are available to you simultaneously.

You can find our prices on request. Contact us [here](#).

## Basic-Modul – Secure arrival in your home country

Gain insight into the stages of returning from abroad and the skills you gained abroad.

Content:

- Phases of Reentry
- Analysis of skills gained abroad
- Developing your own approaches to reintegration into everyday life

## Standard – Reflection on the experience abroad and integration of skills gained

This module is booked by a very large number of returnees. In addition to the content of the basic module, you will gain a comprehensive overview of your experience gained abroad.

Layout:

- Phases of Reentry

Most returnees experience different dynamics when returning to their old home country, ranging from excited to unsure, foreign and out of place, to wanting to truly fit back in. Knowing these dynamics allows for a constructive approach.

- Analysis of skills gained abroad

The greatest desire of returnees is to bring what they learned abroad back home. But what exactly did I learn?

- Developing your own approaches to reintegration into everyday life

Reintegration has several aspects. These include the professional side as well as family and social.

- Reflecting on the experiences made abroad

Letting go of the phase of life abroad that is coming to an end is often not so easy. By reflecting on the experiences made (both good and difficult), this step becomes easier. Gratitude and perspective are the consequences.

- Personal coaching to further develop the experience and intercultural skills gained abroad. We discuss knowledge, skills and values.

You will also receive:

- Reference book
- Participation in a webinar for follow-up support
- Clarification and concept discussion
- One coaching session 4 months after the return

### **Premium – Our all-round package for couples and the expat family**

#### ***Unique in the German speaking area***

In addition to the offers in the Standard - Module, you will receive coaching that takes into account the needs of the partners / the whole family. Co-expat partners are in a special situation, with their own needs.

For children, the transition from one place to another takes place in a crucial developmental phase. They need special support in this process. A resource-oriented and creative approach is the cornerstone of our work.

Layout:

- Expat Coaching for the whole family  
Together you creatively recall the many experiences during the intensive time abroad.
- Every member of the family has learned and brought back a lot. Together we will think about what exactly.
- Individual coaching to further develop the skills gained abroad. The introduction of knowledge, skills and values in the new environment, school, work and social environment.

You will also receive:

- Reference book
- Participation in webinar for follow-up support
- Clarification and concept discussion
- One coaching session before the return
- One coaching session 4 months after the return

# Coaching for returning expats

The Basic and Standard modules can be extended with modules from the Premium module according to your individual needs. Send us an inquiry at: [cs@schuppener-global-transitions.com](mailto:cs@schuppener-global-transitions.com).

Service	Basic	Standard	Premium
Phases of Reentry	✓	✓	✓
Analysis of the skills gained abroad	✓	✓	✓
Develop own approaches to reintegration	✓	✓	✓
Reflection on the experience gained abroad	x	✓	✓
Personal coaching to further develop skills gained abroad	x	✓	✓
One hour webinar	x	✓	✓
One coaching session 4 months after return	x	✓	✓
Co-expat partner participates	x	✓	✓
Expat coaching for the whole family	x	x	✓
One coaching session before return	x	x	✓