



Finding Home Abroad - A Guided Journal for Adapting to Life Overseas

Trisha Carter, Rachel Yates

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Let's be honest: expat life can be tough. Although exciting, exhilarating and enriching, it can also be one of the greatest challenges you face. Get the tools you need to succeed in this **guided journal**, created by us; Trisha Carter (cross cultural psychologist), and Rachel Yates (expatriate resource developer).

We know that many expats and global travellers move countries without much help and support. We wanted to provide that - to be the coach and supporter in your pocket. Your move is unique because you are unique. Your location may be different to the ones we have lived in (China, Australia, Kenya, USA, UK, New Zealand) but we know you can observe and reflect, plan and learn and adapt. Journalling is a great way to do that.

Even if you've never journalled before, now is the time to start and this guided journal will help.

The prompts will help you

- plan your expat life,
- observe the amazing world you arrive into,
- reflect on your responses to that world
- develop cultural intelligence
- build resilience
- and adapt well.

All this combined with appendices of helpful checklists and information and our words of encouragement.

In a world where the rules are different, the environment unfamiliar and your support network far away, we will guide you through the process to a successful overseas relocation. Whether this is your first, your fourth or your final move, you too can find your home abroad.

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