



Janet Rodenburg

We all have unique talents and disregarded parts of ourselves that are longing to be expressed and explored. Sometimes moving half way around the world is our clue to begin that exploration.



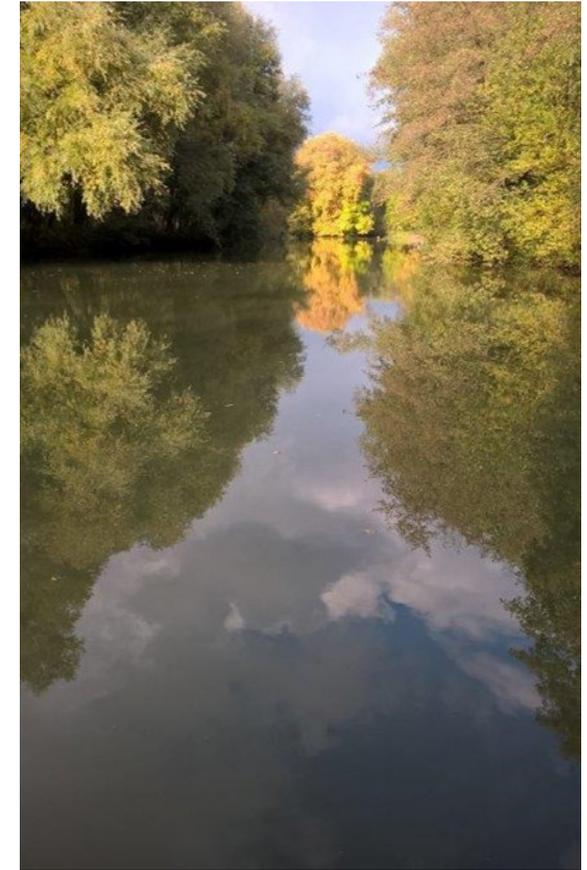
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I have a professional background in anthropology and international humanitarian assistance. As such, I travelled to different continents and lived abroad for prolonged periods. I experienced the enriching, but also the shady sides of being an expat myself. After resettling in the Netherlands, I gradually embarked on a new career path, combining my intercultural communication skills, my personal experience and my desire to assist others in making important life choices, thereby bridging cultural divides.

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Casita Coaching

*For career and personal
development*

Lost in transition and settling in again

It may be exciting, but it is not always easy giving up your familiar surroundings and getting around in a new country, with different norms and values. Such a transitional phase creates new opportunities, but can also be challenging at times.

Whether you are ...

- ... an **Expatriate spouse** – feeling at times disconnected, powerless, guilty, lonely and worried about doing the right thing for your career, your identity, your kids; or
- ... an **Expat employee** – eager to succeed, yet struggling with cultural differences.

The two most common reasons why expat assignments fail are:

1. adjustment difficulties on the part of the spouse; and
2. cross-cultural misunderstandings and struggles on the part of the expat employee.

I understand these issues first hand as a former expat and as a trained and certified coach. My clients come from different walks in life, but what they have in common is a sense of uprooting due to living outside their home country.

Expatriate spouses/ employees

Expat spouses – and especially women – tend to be very hard on themselves. They move their families across continents, they quit jobs and careers to follow loved ones overseas, they support their spouses and children ... they do all that and more, yet they don't feel it is enough. Instead they often feel as if they lost sense of who they are.

Male spouses often have indelibly imprinted on them the need to have a job, and provide for the family. That is hard to break and even the staunchest male feminist can have trouble rising above identity issues such as these.

My coaching helps **Expat spouses** to:

- overcome the feeling of being powerless and disconnected
- develop a new business, a career or discover a hidden talent
- satisfy their professional and career cravings

My coaching helps **Expatriate employees** to:

- understand cultural differences at the work place
- communicate effectively with their colleagues across cultures
- understand each other's customs
- get an insight into both the behaviour and the value system of their local colleagues

Mix with the locals....

Exploring a new country may open up unexpected avenues of understanding and personal growth. This personal growth is one of the profound gifts of immigration. Instead of exclusively relying on the expat community for friendship, it is worthwhile stepping out of your comfort zone and meeting the local people. It may be hard to get close to the natives, especially if you don't have a job, so it is tempting to stick to your fellow expats. Break down these barriers!

As a native Dutch with ample international living and working experience, I am the perfect coach to help you leave your safe expat bubble.

Leave your safe expat bubble

Repatriation

Repatriation takes a lot of people by surprise. Many don't realize that homecomings can be just as difficult as moving to another country – and full of emotions and “reverse” culture shock. Things may have changed while you were abroad – and you may have changed too. You may miss the excitement of expatriate lifestyle and feel sad about being “back to normal”. You may not find people to be receptive or curious about your experience and feel completely alone.