

## NEWSLETTER

### “The Art of Living Abroad - Secrets for a Happy and Successful Life on the Move”

#### December Issue

(published the first Thursday of each month)



#### **Tips for Internationally Mobile Men and Women who wish to maximise their success, happiness and work/life balance while living abroad**

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This is our first Newsletter. **If you would like to receive another one you need to send this e-mail back to us! The first 50 names will be put in a drawing and can win a beautiful new I-POD or Webcam!**

**Please pass this newsletter on to anybody you know who could benefit from it.**

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#### **WHAT TO EXPECT IN THIS NEWSLETTER**

1. A WORD FROM JEANNE
2. THE ART OF SAYING GOODBYE
3. YOUR PERSONAL 2007 REVIEW – COUNT YOUR SUCCESSES
4. BOOK TIP AND WHAT TO EXPECT IN OUR JANUARY 2008 ISSUE
5. NEWS AT HEINZER CONSULTING

### **Season's Greetings!**

*From Heinzer Consulting we wish you all a happy and peaceful time in December and through the Holidays, and we look forward to seeing, reading and hearing you again in the New Year!*



## 1. A WORD FROM JEANNE

**Welcome to our first Newsletter!** At Heinzer Consulting we are all very excited to kick off this new platform for you wonderful and courageous People on the Move! We have worked with a lot of you in Intercultural Trainings and Coaching all over the world these past five years. And we have coached and trained you to have the best possible start in your new cultural environment. The time has come to share even more insights and learnings with you on and to give you powerful tips for an even better life on the move!

Why don't you wait until January may be an appropriate question to ask? Because it is never too early to transfer ideas into action!

**This newsletter is both for you the International Manager, i.e. the one who is being sent abroad as well as for your Accompanying Partner (male or female).** We all need additional support, information and care when we move to a new location. It would be wonderful to get your feedback and ideas as to the topics you would like to see in this Newsletter. We all look forward to accompanying you through your current assignment or to kick off another exciting challenge in a new location. Enjoy the last days of this year!

Warm regards

Jeanne  
Founder and President

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## 2. The Art of Saying Goodbye from Jeanne A. Heinzer

*"Living through inescapable moments is the only way of seeing/experiencing life in a different way."  
(Dr. Hal Gregerson)*

**Here I am now in the United States.** Changing countries is demanding. Changing countries requires so much extra energy from us. "Somewhere over the rainbow skies are blue". This wonderful song comes to mind during my first days here in the United States. Six country changes in fifteen years, that is a lot. How often did I hear: You are an Intercultural Trainer, moving must be easy for you. Well, it is not and you cannot practise living a life on the move. Our life circumstances are different every time we move. I moved on my own, as a couple and have now been moving as a family for the second time in only three years. And – I am not alone. More and more people are being expected to live a mobile lifestyle and to move on whenever necessary.

**The first days are overwhelming.** I experience the whole lot, from the honeymoon feelings up to practical concerns. Even anger and resentment are part of these feelings and it is good to know that all these feelings are normal when it comes to moving. Sadness is another feeling that we experience and it is important to not fight this feeling. You may be unpacking your boxes and suddenly have a book in your hands, a book that shows pictures of your former home country. You start to cry and why not? It can feel

so refreshing. You may even feel that your energy comes back. Sometimes we use our energy to withhold feelings and emotions whereas it may be wiser to just let them come out. See how children deal with their emotions. They allow them to be alive and active and as a consequence are full of creativity and energy. Sadness can even hit you after a year or two in your new destination. Christmas, a holiday or anniversary alone may be enough to feel sad.

**The Art of saying goodbye is another crucial element** to really have a great start in a new environment. There will still be feelings of loneliness and sadness. However, as adults we have learned to control ourselves. Tears are for our children or for people that are sick. But for us? A wise person once said: you can only have a good start when you have a good ending. This is so true when it comes to changing countries as it is true in our everyday life. Consciously saying goodbye to our life, to the home we lived in, to the people that became our friends. And in everyday life that means saying thank you for a great day, a great week and a great year that we had.

**The end of the year represents another possibility for all of us to say goodbye.** Goodbye to the old year. How can we do this in the best possible way? By fitting into our busy schedules as much as we can or by using these weeks to look back, to understand where we stand and to define where we want to go? As you read along you will find a few questions that will help you to finish 2007 in a really positive mood.

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### 3. Your Personal 2007 Review - Count your Successes!

The following will just take you a few minutes. Get yourself a nice cup of tea and write your answers down. You may think that your accomplishments in the past year are not huge. I promise you that the longer you think about it the more surprised you will be with how many "personal successes" you come up with. When you think you are stuck sit back and ask yourself: what is another thing I am really really proud of?

NOW ASK YOURSELF:

1. **What were my personal achievements these past 12 months?** (e.g. had regular breakfast or dinner with my family, had lunch with my colleagues, spent 1 hour per day with my children doing what they love to do, started a new hobby, went on a three day Wellness seminar, read books that I love during a business trip, called a friend or family member once a week etc., helped a friend to move, learned a new language etc.)
2. **What were my professional achievements in 2007?**
3. **What are you truly grateful for in your life – list everything that comes to mind!**
4. **How does it feel when you look at this list?** Do you feel proud? Are you surprised to see that you are able to come up with so many points?
5. **And now: Celebrate your successes** and say thank you to the people around you that helped you to get there!

This exercise will make you feel really good and empowered and ready to start a new list with your New Year Resolutions. Remember: YOU HAVE A BETTER START IN 2008 WHEN YOU HAVE A GOOD ENDING. Can you come up with 20 items on your list? I am sure you will.

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#### 4. BOOK TIP/WHAT TO EXPECT IN OUR JANUARY 2008 ISSUE"

##### **Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia by Elizabeth Gilbert**

Gilbert grafts the structure of romantic fiction upon the inquiries of reporting in this sprawling yet methodical travelogue of soul-searching and self-discovery. Plagued with despair after a nasty divorce, the author, in her early 30s, divides a year equally among three dissimilar countries, exploring her competing urges for earthly delights and divine transcendence. (Publisher's Weekly)

##### FEATURE ARTICLE IN THE FEBRUARY ISSUE:

How to achieve a great work/life balance while living abroad!

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#### 5. WHAT'S NEW AT HEINZER CONSULTING

Heinzer Consulting has just moved to the United States. Due to the great technology (Skype, low telephone costs etc.) we can easily continue to serve our customers in Europe (companies, individuals) and Asia through a network of dedicated Coaches and Trainers.

If you would like a **partner who can help you achieve more personal happiness and professional success and a great work/life balance while living your life on the move** please contact Jeanne for an informal discussion of your current challenges. The session is free of charge.

##### JEANNE'S BACKGROUND

Jeanne A. Heinzer, the owner of Heinzer Consulting, is an Expat Expert who supports internationally mobile people to live happier and more successful lives. She enables them to really get the most out of living abroad and to face and deal with the many challenges (career, keeping a happy family, work/life balance, leaving your family behind, finding new friends, relationship issues etc.) that a life on the move brings.

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