

NEWSLETTER

"The Art of Living Abroad - Secrets for a Happy and Successful Life" For Courageous People on the Move

February Issue (1)

(published the last Thursday of each month)



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

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This newsletter goes to subscribed readers only!

Thanks for those who have already subscribed to our December and January Issue. The number of our newsletter subscribers grows daily which shows us the interest and relevance of this topic in today's globalised world.

If you would like to receive this newsletter on a regular basis please e-mail me back on jheinzer@heinzerconsulting.com or rochepartners@hotmail.com and **just type "newsletter please" in the subject line.**

Please pass this newsletter on to anybody you know around you (colleagues at work, friends outside work who are preparing for a life on the move, etc.) who could benefit from it. Thanks for keeping this issue unaltered.

WHAT TO EXPECT IN THIS NEWSLETTER

1. A WORD FROM JEANNE
2. FEATURE ARTICLE – HOW CHALLENGING YOUR THOUGHTS CAN CHANGE YOUR LIFE
3. YOUR ASSIGNMENT TOOLBOX
4. BOOK TIP AND WHAT TO EXPECT IN OUR MARCH 2008 ISSUE
5. NEWS AT HEINZER CONSULTING
6. ABOUT JEANNE



1. A WORD FROM JEANNE

Welcome to another Newsletter! The month of February may have brought you exciting ideas for more projects, plans and holidays for 2008. How do you feel, has the new year started the way you were hoping? Have you made plans and already begun to see how these plans are unfolding?

Or have you realised that this year will look differently than you thought it would? Bestselling author Byron Katie writes in her book "A thousand names for joy" (see book tip) "Believing that what you want equals what's best for you is a dead end. It makes the mind stiff, inflexible, caught in a picture of reality, rather than open to the wisdom of the way things are." This is a challenging thought. We are all brought up thinking that having a plan and realising this plan is all what matters. But what if this approach does not work out and things do not happen as we plan them? How would it feel to trust in life itself and that what happens is actually the best that can happen to us no matter how unexpected the circumstances may appear at first sight? This is a powerful thought that can make us relax and enjoy the present moment.

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 quiet winter weeks!

Warm regards

Jeanne
Founder and President

2. HOW CHALLENGING YOUR THOUGHTS CAN CHANGE YOUR LIFE – A TRUE STORY

"A mind stretched by a new idea will never return to it's original dimension." (Oliver Wendoll Holmes)

Do you remember the time when you were offered your current assignment? This may have sounded a bit like: Mr and Mrs. Y, we would like to offer you a new position in Z. Are you interested?

I used to know a woman in her forties who was part of the so-called expatriate population. She was married to a successful international manager and had an interesting career herself. She and her husband had met abroad and had then lived and worked in several countries together. So far, so good. They had two children, a boy and a girl and felt that life as it was, was just perfect yet demanding as their children required a lot of care and support. The couple hardly had time to connect, to go out and to relax. However, they had found a wonderful nanny that allowed them to go on business trips and gave them time to breathe and to relax.

Then the offer came and within a few days nothing was as it used to be. For the woman it felt like an earthquake, first small, then bigger and bigger throwing her whole life up in the air. She had just found her balance again and there was this big daunting sword that was about to cut her whole life in half. This job offer "only" meant moving back to their home country. No big deal, however, they both knew that this meant repatriation and reintegration and thus hard work. It also meant moving back home where people expect you to be the same. Meanwhile, they had changed and so had their values and plans.

The couple had two weeks to decide whether they wanted to accept the assignment. Two weeks in which both had to travel extensively, let alone to care about their small children. How in the world could they find the time to make such a big decision? They had severe arguments, they felt both stressed and unable to make the decision on their own. They decided to get the support of a life and relationship coach who worked with them over the phone. This coach introduced them to some great tools (see assignment toolbox) and guided them through the process. As a couple they sat together and looked consciously at this potential assignment. Their intention was to make an informed decision about this new opportunity and to really find out if this assignment was in line with what they both (and their children) wanted at this stage of their life.

And guess what? After about three hours they knew for sure that this assignment was NOT for them, at least not at this stage in their life. They did not have enough energy for this move and did not want their worst case scenario (divorce and relationship problems) to actually take place. They also trusted fully that there would be an even better job out there when the time was right. They were courageous and told the company that due to their specific life circumstances they would not be able to leave the country. And the company accepted their decision and they were very relieved.

Six months later another phone call came and guess what: the man was offered the same job again. There was a slight change to the previous offer. This job meant now moving to another continent. Away from family and friends? Now instead of a quick train or plane trip, travelling to see loved ones would take hours of flying. The prospect seemed scary and threatening. The woman knew that she wanted to continue to work. Would she get a work permit, would she find day care or a nanny? Even worse, the country they were supposed to move to had been on the list of countries they never wanted to live in. Turning challenges into powerful opportunities came to mind. But the woman wondered how she could become truly positive toward the move. She knew that the more positive she would be the more enthusiasm she could pass on to her children and thus make the move easier for all of them.

The woman turned again towards a Coach who was trained in Neuro Linguistic Programming and who helped her discover that her thoughts were not reality, but that she could and should challenge them. She realised that she had always had a negative thought in her mind which was: Living a life on the move is tough. With the support of her coach she changed that thought into: I am managing. Whenever she met somebody who asked her how she was doing she said: I am managing. She felt great and in control and was full of energy. This small sentence changed her life. She also did a wonderful exercise from NLP Coaching where she looked at the picture that came up in her mind when she thought about her current location and the picture that came up when she thought about her future destination. Was there sound, were there colours? She realised that the new destination did not have any colours nor sound, so she switched the sound on in her mind and made the new destination colourful. Gone were the scary thoughts, again she felt energised to move on and to prepare for the move.

The couple also decided to do Relationship Coaching via telephone. The coach helped them to develop an individual vision of their new life abroad as well as a vision as a couple. What did they like about their existing relationship and where did they see areas for improvement? More romance, an improved communication, more evenings out? Seven sessions were enough to get them back on track in

these times of turmoil and changes. They decided that they would continue to book these coaching sessions in their new destination to keep their relationship happy, special and alive.

The couple went on the assignment. The family had the best and easiest integration ever.

After only three months she had met more people than in two and a half years in her previous city. The couple felt like a fish in the water. Her husband enjoyed his assignment. The woman felt that this was the perfect environment for her.

What were their learnings?

- That what YOU may think is best for you is not necessarily what really is best for you!
- That not taking our thoughts and beliefs for granted and that challenging them can bring you the highest rewards
- That asking for help and to get external support is clearly a sign of strength and of taking responsibility of your life and family (and not a sign of weakness)
- That Yoga and Meditation i.e. looking inside when it is especially hectic on the outside can be an incredible source of energy to help you through the demanding moments of transition and relocation.

The woman had managed to challenge her thoughts and beliefs and to turn them into powerful and positive thoughts and energy. She should have been tired just a few months after the move but she was filled with energy, enthusiasm and joy about this new life. She had changed her perspective and awareness and had changed her entire world. Moving would never be the same again. The fear was gone, the opportunity was the only thing that mattered.

You may wish to know who that woman was. It was me.

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3. YOUR ASSIGNMENT TOOLBOX

TOOL 1 " BEST AND WORST CASE SCENARIO"

(can be used when evaluating a potential assignment)

Sit down with a sheet of paper and answer the following two questions. List all possible things that come to mind. A partner who accompanies you on the assignment should also do this exercise that may take about 20 – 30 minutes.

- What are positive (pros) and negative aspects about your current destination/life?
- What are the pros and cons about your future destination/potential life?

Afterwards, please sit together and discuss your two grids. Each of you should present his/her own findings to the other. What are your findings and which aspects do you have in common, where do you see discrepancies? Can you make a common decision based on these "facts"?

Putting it on paper will make things clearer, especially for those of you who are visual learners. Talking about it and hearing what you are saying will help the more auditory people understand.

Practice the art of active listening by summing up a point and asking: Do I understand correctly, is this what you are saying?

TOOL 2 " YOUR PERSONAL CONTINGENCY PLAN"

(can be used at every moment of the assignment process)

A Contingency plan is a plan devised for a specific situation when things could go wrong.

They are "back-up plans" or a "Plan B". During demanding times, contingency plans are often developed to explore and prepare for any eventuality.

During our preparation for an assignment and especially during an assignment a few things could go wrong.

It can be a big relief to name those concerns and to put them on the table instead of keeping them inside and allowing them to reduce your excitement about a destination and opportunity. The moment you name your concerns and write them down a lot of them lose their actual power and you may say "Hey, that is actually manageable".

Please write down:

Potential Risk	Likelihood that it happens(low, medium,high)	Contingency Plan
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Let's say you are scared that you are afraid that you do not find employment within a year's time (= risk). How big is the likelihood of this to actually happen? Thinking about it you realise that it is only low to medium as you move to another English speaking country and you have had international work experience (= likelihood). Your Contingency Plan may be to reevaluate the situation after about nine months and to look into finding a career coach to work with you.

Or you are afraid that your family is unhappy when you arrive in your new destination. You consider the likelihood to be medium to high. Your contingency plan could be to talk to your family after six months and see how happy they are and to then talk to your boss about a potential shortening of your current assignment. There is always a possibility to change existing circumstances to be more in line with what you want.

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

Byron Katie: "Loving what is"

In this book, Byron Katie shows us how suffering can be ended by questioning the stressful thoughts that create it, through a process of self-inquiry she calls The Work. Katie's profound, lighthearted wisdom is absolutely authentic. It is a portrait of a woman who is imperturbably joyous in all life circumstances.

Her website is www.TheWork.com, where you will find her blog, her schedule, a network of facilitators, a free hotline, audio and video clips, articles and basic information about The Work.

FEATURE ARTICLE IN THE MARCH ISSUE:

The power of Networking

Please note:

The planned February supplement "The art of finding work abroad" will be published in our March issue

If you would like to receive this newsletter on a regular basis please e-mail me back on jheinzer@heinzerconsulting.com or rochepartners@hotmail.com and **just type "newsletter please" in the subject line.**

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.

Heinzer Consulting offers Personal Coaching as well as Intercultural Training with Coaching throughout the whole length of the assignment. Research has shown that three months after an Intercultural Training, participants only retain a training impact of 24%, while training plus coaching retains an impact of 87%.

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 at jheinzer@heinzerconsulting.com for an informal and FREE half an hour discussion of your current challenges. Jeanne may be able to work with you directly or to set you up with a Coach in your area.

JEANNE'S BACKGROUND

Jeanne A. Heinzer, the owner of Heinzer Consulting, is a trained Coach and Expat Expert who supports internationally mobile people to live happier and more successful lives. She enables them to take an informed decision from the moment the assignment is being offered. Jeanne helps them to address their concerns before and during the assignment and helps them to prepare them for repatriation. She supports Accompanying Partners to see a new assignment as a big opportunity rather than a threat. She uses solutions focussed Coaching as well as NLP (neuro linguistic programming) to guide them to new insights and ways of looking at a potential assignment and to realise the opportunities that exist.

Heinzer Consulting offers the following for courageous people on the move worldwide:

- O Pre-Assignment Coaching for Individuals/Couples "Is this assignment really for me/us?"
- O Expatriate Coaching for "First Timers", i.e. for people preparing for their first assignment abroad
- O Expatriate Coaching for "Multiple Country Changers"
- O Life Coaching for Accompanying Partners
- O Relationship Coaching for Couples

Please contact Jeanne for an informal and FREE half an hour discussion of your current challenges.

E-mail jheinzer@heinzerconsulting.com

Website: <http://www.heinzerconsulting.com>

Please send us a quick e-mail if you do not wish to receive any further information from us.

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