

NEWSLETTER FOR COURAGEOUS PEOPLE ON THE MOVE

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

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

Jeanne A. Heinzer, Editor
www.heinzerconsulting.com
e-mail: jheinzer@heinzerconsulting.com

This newsletter goes to subscribed readers only!

Thanks to those who have already subscribed to our December Issue. This is another chance to subscribe to our newsletter if you have not already done so. Please send this e-mail back to me by clicking on the REPLY BUTTON and typing in YES. One subscriber already won a Webcam. If you reply today you may be the lucky owner of an I-POD.

Please pass this newsletter on to anybody you know 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 TO ACHIEVE A GREAT WORK/LIFE BALANCE WHILE LIVING ABROAD
3. TIPS TO MAKE 2008 YOUR BEST YEAR EVER
4. BOOK TIP AND WHAT TO EXPECT IN OUR FEBRUARY 2008 ISSUE
5. NEWS AT HEINZER CONSULTING with *SPECIAL OFFER FOR RELATIONSHIP COACHING!*
6. ABOUT JEANNE

Happy New Year to all our readers!

May your year be filled with amazing and sparkling moments that make you feel happy and energised!



1. A WORD FROM JEANNE

Welcome to our second Newsletter! We hope you had a peaceful and relaxing holiday season either with your friends and family back home, in a nice skiing resort or on sandy beaches in the Carabean. The year 2008 seems to be a special year according to the astrology and I am convinced that you will all benefit from these lucky stars this year and continue to increase your intercultural awareness, know-how and fun in your current destination.

The time has come to share even more insights with you on and to give you powerful tips for an even better life on the move in 2008!

Can it get any better? I am sure it can and you can do a lot to experience your happiest possible moments while living abroad. One approach is to improve your life just a tiny bit each day – think of how much you can accomplish in 365 days. But where do you want to go, and what is your ultimate idea of personal and professional happiness? This is the first thing to think about. I would like to share two tools with you to increase your happiness and provide you with clarity and a sense of direction in 2008. More in the article below – enjoy!

This newsletter is for you the International Manager, i.e. the one who is being sent abroad as well as for your Accompanying Partner. We all need additional support, information and care when we move to a new location. Your feedback is welcome, especially your 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. Happy New Year to all of you and may it be filled with fun and laughter!

Warm regards

Jeanne

Founder and President

2. HOW TO ACHIEVE A GREAT WORK/LIFE BALANCE WHILE LIVING ABROAD (by Jeanne A. Heinzer)

"Twenty years from now you will be more disappointed by the things that you did not do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover." - Mark Twain

Having a satisfying work/life balance is demanding when you live a stable life in one country or city. Achieving a satisfying work/life balance and maintaining it may seem to be a miracle and almost impossible to people on the move. Well, it is not easy, I agree. But it is possible. You need to take time to actually sit down and visualize how you want your life to look. How can you achieve work/life balance if you never actually take the time to think about it?

What are signs that show us that we are not in balance anymore? We feel burned out. A wise man once said: You need to burn for something to not burn out. What do you burn for? If there were no limitations what would you be doing? Please ask yourself: Where do I stand in terms of my personal and professional happiness at this stage of my life/assignment? If I had a scale from 1 to 10 (10 being totally happy and 1 being unhappy) where would I put myself? On a 3, on a 8 or on a 10?

In Coaching we use a wonderful tool called the Wheel of Life (adapted from Co-Active Coaching by Laura Widworth) Some of you may remember it from your Cultural Briefings. It is about the freedom to dream our perfect life, something that we do not allow ourselves to do very often. The eight sections in the Wheel of Life represent balance.

The following exercise (see attachment) will take you about 10 minutes to do. Follow the instructions and write down on a scale from 0 to 10 how satisfied you are with each area of your life. Is it a 2, a 5, or more? Connect the results of each section to form your new Wheel of Life that shows your personal satisfaction in all those areas.

Can your wheel roll or is the ride bumpy? What are areas that you would like to improve and change? If there were no limitations how would this area look like? Choose your top two areas needing improvement and define a few actions and deadlines, for example health (join a fitness club, buy more organic food) and family (go home at least twice per week before 6 pm to have dinner together, fix Sunday as a Family day).

Whenever you feel that you are not in balance have a look at your Wheel of Life and identify one or two areas you would like to concentrate on. A good coach can help you to recreate a wheel that rolls and truly makes you happy. Why should you compromise on your happiness?

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3. How to make 2008 your best year ever!

How did you spend your last days in 2007? Did you consciously say goodbye to the old year and are you now ready for 2008? One book that had a major impact on me in 2007 it was the book "**The Secret**", which I discovered during our house hunting trip to the New York City area (see book tip).

How can we apply the Secret to a successful and happy 2008? It's pretty easy: **Ask, believe, receive!** The steps to take:

1. What is it that you truly want to happen in 2008

- for you personally?
- for you professionally?
- for somebody else?

2. **List all items, ten, fifteen or twenty, whatever you come up with.** Now take the time and sit down and go from one item on your list to the other. Visualize each item and FEEL how you would feel if it had already happened to you. If you feel it happens you create energy that is being sent out. As a consequence, the universe will make sure that it really happens. What you give out returns to you. Positive thoughts create positive results, negative thoughts create negative results.
3. **A powerful way to intensify this is to create a Vision Board** to create and draw pictures of the items that you want. Look at them and believe that you have them already.

By the way, this is a wonderful tool to empower your children. Sit down with them one evening and create a Vision Board of their dreams for 2008 on a big flipchart. Let them cut all kinds of pictures from glossy magazines or let them draw their dreams. Teach them to ASK, BELIEVE AND RECEIVE and discover with them what happens when they throw their wishes out into the universe. I have been doing this with my six year old girl and she loves it.

Enjoy this exercise and feel stimulated and empowered yourself. It will create a lot of energy and excitement which helps to you to have a great start in 2008!

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

Rhonda Byrne: The Secret

Byrne presents the Law of Attraction in this bestselling book. This law is the secret and posits that people's feelings and thoughts attract real events in the world into their lives; from the workings of the cosmos to interactions among individuals in their physical, emotional and professional affairs. This is a powerful book with a simple message that you attract what you think and that by focussing your thinking on what you really want you will attract exactly what you wish. Everyone should read it.

FEATURE ARTICLE IN OUR FEBRUARY ISSUE:

Challenging your thoughts will change your life – a true story

Supplement: The Art of Finding Work Abroad

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 first half hour session is FREE.

NEW Relationship Coaching: In our busy lives we tend to forget that our personal happiness and happiness as a couple is the basis for our happiness as a family.

Do you sometimes feel that both you and your partner have your life but that you miss a common direction and experience a lack of true communication as well as the feeling to really connect to each other? Defining your personal values and vision enables you and your partner to develop common values

and a common vision for both of you and for your relationship! You will become clear about what truly matters to you and your partner which will create a strong bond between you.

Relationship Coaching can be conducted via telephone. The duration is three months which includes five sessions with both of you on the phone with me and one individual session with you and your partner. The sessions last one hour each. We will work with the Wheel of Life as explained in the Feature Article (2).

SPECIAL OFFER: The first two couples to contact me will receive a free one hour Coaching Session! Please send your e-mail to: jheinzer@heinzerconsulting.com.

JEANNE'S BACKGROUND

Jeanne A. Heinzer, the owner of Heinzer Consulting, is an Expat Expert who supports internationally mobile people to live their best life. Some of them go on assignments and repatriate after a few years. Others become local hires or get married to a local but are still no- locals facing specific challenges while being in b-inational relationships. Some have lived abroad and are now back thinking about ways to use the skills they learned and how to reintegrate the excitement of living abroad into their local life.

Jeanne accompanies foreign couples through the crucial pre-departure period and helps them to weigh the pros and cons for or against a potential assignment. At this stage a lot of partners feel isolated, exhausted and overloaded with concerns and questions.

She helps couples to address their concerns before and during the assignment and helps them to prepare for repatriation. She supports Accompanying Partners to ease their concerns and to see a new assignment as an opportunity rather than a threat. She uses Solutions Focussed Short Term Coaching as well as NLP (neuro linguistic programming) to guide them to new insights and ways of looking at this potential assignment and to realise the immense opportunities that exist.

Jeanne guides men and women through the transition period and accompanies them through their entire assignment helping them to face all upcoming challenges until they prepare for repatriation, another challenge .

She acts as their sounding board, she listens, makes suggestions and asks relevant questions. She helps couples to maintain and improve their communication during the transition and integration process as well as later in their assignment. Jeanne enables them to focus on the practical matters while developing a personal and professional strategy for their new life. She masters the Art of Living Abroad and it is her passion to pass this on to others.

Jeanne also works with locals who work regularly with internationally mobile people. Their challenge is to understand what their customers go through while being in transition. She coaches them to work more efficiently with them and to truly address their specific wishes and requirements.

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.

HEINZER CONSULTING, 7 Warren Place, Montclair, NJ 07042
