

WORKSHOP **Taking the ‘Shock’ out of Culture Shock***

Well settled professionals are productive professionals. A well settled family is also crucial to effective overseas assignments. The #1 reason for assignment failure is adjustment issues of spouse or family.

When entering an unfamiliar environment we move through various phases of an adjustment process. When this new environment is a new culture we also face the different norms and behaviours of the host culture.

The objectives of this workshop are to:

- enable participants to transition smoothly
- establish a fulfilling, productive life in their host country
- prepare participants for eventual re-entry into their home country.

What are the benefits?

- Awareness of, and ability to recognize the typical stages and symptoms involved in the cultural adjustment process
- Improved ability to adapt faster and more effectively to a new environment
- A range of strategies for managing stress, maintaining identity and living a contented life both overseas and on return to their home country.

How is the workshop run?

The workshop builds on a body of international research on the cultural adjustment process, facilitates the sharing of participants’ experiences, and provides time for self- reflection and development of concrete coping strategies.

The workshop has a minimum 3 hour format for an open workshop.

We’re happy to customize the workshop for in-house delivery, and to add a culture specific part for individual participants.

Who can benefit from the workshop?

- Professionals and their spouses preparing for an overseas assignment – whether for the first or repeat time
- Professionals and their spouses preparing for the re-entry into their home countries.

iglobal consultant

Irene Öhler, director and founder of **iglobal**, has been involved in human resource development for the last 19 years as a trainer, facilitator, project manager, consultant and an executive coach in Europe, China, Brazil, and most recently in New Zealand. Irene also brings the experience of having been an expatriate professional as well as a trailing spouse.

*Developed by Irene Öhler for **iglobal**.