



# RELOCATION AS A MAJOR LIFE CHANGE

## *Relocation is a major life change.*

You are leaving your familiar environment and disconnect existing relationships, or perhaps only modify their form. At the same time, you arrive in a new country which must be viewed, at least temporarily, through different lenses. You question whatever you have taken for granted up to now. You need to orient yourself in the network of new relationships. Often, you start building a new reputation right from the start. You are a ‚stranger‘ for the dominant society – first in the foreign country and later in your old home. Leaving the familiar behind also has its positive aspects – you see a new opportunity for self-actualisation, for separating from your stereotypes or routine habits, for a new beginning, an opportunity to increase your influence and fulfill your independence. At the same time, you experience the feeling of a loss.

The relocation process (which begins prior to the physical relocation and ends long after it) will change you. No matter that relocation itself is an enriching experience, it is often accompanied by struggle, stress or a feeling of confusion. And as people tend to decide for relocation themselves rather than after pressure from someone else, they do not expect to face difficulties. Moreover, the difficulties are hard to understand for those who have not been through a similar experience. Relocation poses questions like ‚What’s important for me?, ‚Who am I?’ and ‚How do I want to live?’. Subjects like isolation and (not) belonging, diversity and conformity emerge, together with both their positive and negative aspects.

Participants (individual clients and their families, employees of companies, not-for-profit organizations or from the public sector) have an opportunity during individual or group sessions to look into their relocation experience and use it for their own development or professional growth. The objective is to support our clients so they understand their current situation in more depth and in a broader context, and are creative in finding the right steps toward a satisfying day-to-day life ‚between two or between multiple cultures‘.

What makes my support credible?

- My expertise as a psychologist and coach,
- My degree in intercultural psychology,
- My own repeated experience with relocation,
- My long-term experience with clients who relocated.