

Proposal for Online Academies from COACH4EXPAT



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Cross-Cultural Workshop - Developing a Global Mindset

1st Module – Intercultural Success program for anyone working in a multicultural environment – Key learnings include:

- Understand the role of culture in business and social relationships
- Learn vital information about the country of assignment
- Develop skills for successful adaptation to life and work in the country of assignment
- A one-day workshop to help Anyone smoothen their integration in their professional and private life.

2nd Module – International Parenting for Parents & Third Culture Kids – Key learnings include:

- Recognize emotions regarding the move including positive and negative expectations
- Learn information on the new location and third-culture kids
- Develop strategies to ensure a smooth adjustment

- **Who should participate?**

Anyone working or living in a multicultural environment

- **Benefits of attending this course**

This program gives you a cultural understanding and help you create your own cultural style to work effectively and efficiently in a multicultural environment.

- **Training methodology**

Supported by a foundational competency model, your program consists of modules and exercises individually selected and adapted to meet your specific needs, including experience level, learning styles, business situations, and family concerns. As the training unfolds, you will increase your self-awareness, be exposed to essential knowledge, and work on your individual skill development. Each module in our training programs incorporates competencies in one or more of these areas. By focusing on the key competencies as the desired outcomes, we ensure programs have impact, giving you the skills that lead to cultural dexterity.

- **Cross-Cultural trainer Bio**

- Florence Chabert d'Hieres (FCH) specializes in cross cultural training and this ranges from one - o n - one facilitation and coaching to large group training programs. Florence is a certified coach, who helps any person in their steps through the expatriation process.

- Bicultural Italian and French, she also lived the realities of an expatriation in various countries like the USA, Switzerland (Swiss), and Australia. She worked in companies like Interpol, City Pacific Treasury finance, LODH.

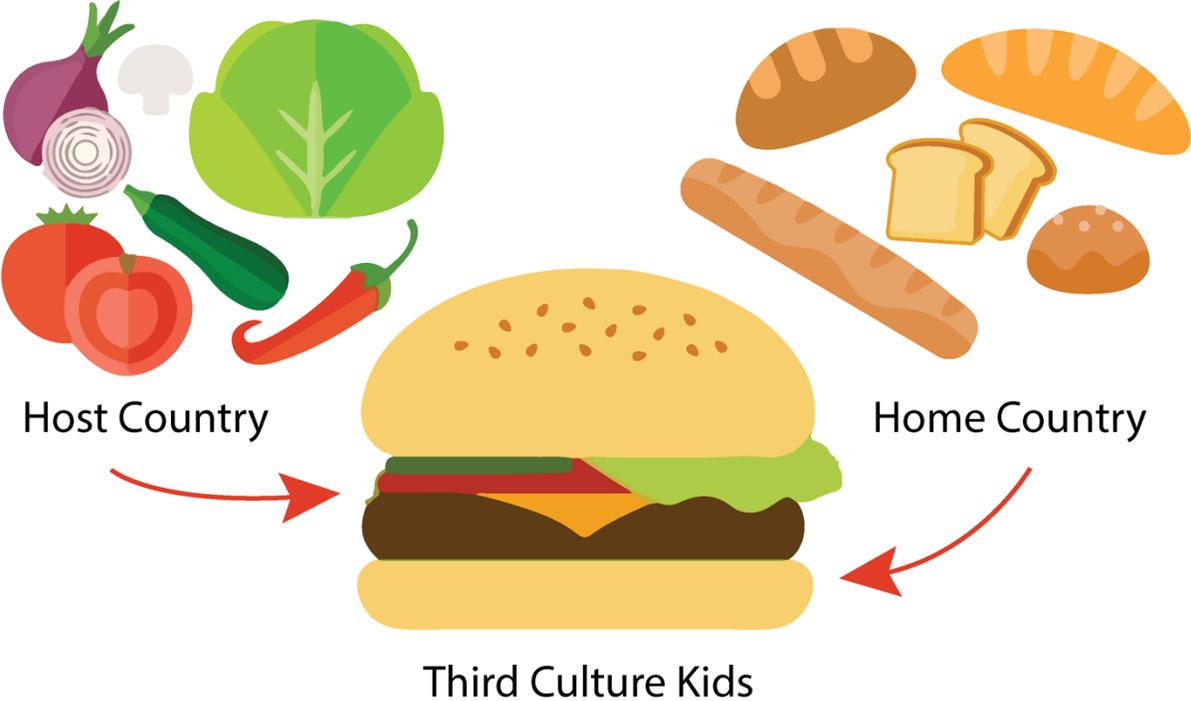
- Her interests lie in Intercultural Competence, Acculturation, Relocation, Expatriation, Cultural Knowledge and Cross - Cultural Understanding in addition to Leadership, Entrepreneurship, Teamwork and Conflict Resolution as well as Working, Communicating and Managing Across Cultures.

- FCH created a company, *Coach4expat*, and is also a cross cultural coach in order to share and help expatriates and their families thanks to her expertise. In 2018, FCH wrote "I'm a citizen of the world" her first book for parents and children to help them achieve their journey.

- FCH is a graduate in Marketing Management from Pace University of New York and has a postgraduate qualification in Coaching from France. FCH is fluent in French and English, besides speaking Spanish, German, Italian and little Arabic notions. Currently, FCH is based in Dubai. She has been certified by First Select Training Middle East FZ LLC to deliver training on Middle Eastern Business Culture. FCH is also certified as an International Consultant by CARTUS Adult CCT Training of Trainers Program, as well as many other relocation companies. She received in 2017 and 2018 The Cartus Service Excellence Award. FCH clients are from various nationalities such as to name a few Saudis, Emiratis, Australians, Indians, Indonesians, Russians, Europeans, Sri Lankans, from various corporations and industries worldwide. FCH's story is very unique and led her to become a cross - cultural trainer and coach as well as an Adult TCK raising three TCK in the Middle - East.

Modules	Objectives	Competencies
Section 1	<ul style="list-style-type: none"> • Introduction & Cultural Self-Awareness 	<ul style="list-style-type: none"> • What is your culture?
Section 2	<ul style="list-style-type: none"> • Understanding Cultural Differences 	<ul style="list-style-type: none"> • the characteristics of culture and the forces that shape it to better understand your own values and behaviors and those of others.
Section 3	<ul style="list-style-type: none"> • Country Specific Information 	<ul style="list-style-type: none"> • Roots of culture learn the “whys” behind cultural perspectives and how you can create your own burger
Section 4	<ul style="list-style-type: none"> • Business Culture in the Workplace 	<ul style="list-style-type: none"> • Gain an understanding of the differences between home and destination cultures as well as recognize personal styles.
Section 5	<ul style="list-style-type: none"> • Intercultural Communications 	<ul style="list-style-type: none"> • Discuss the implications of similarities and differences for interactions in your new intercultural environment
Section 6	<ul style="list-style-type: none"> • Adjustment Issues & Dealing with Change 	<ul style="list-style-type: none"> • How to deal with your Culture shock
Section 7	<ul style="list-style-type: none"> • Action Plan & Conclusion 	<ul style="list-style-type: none"> • Use your own cultural style

Am I a TCK?



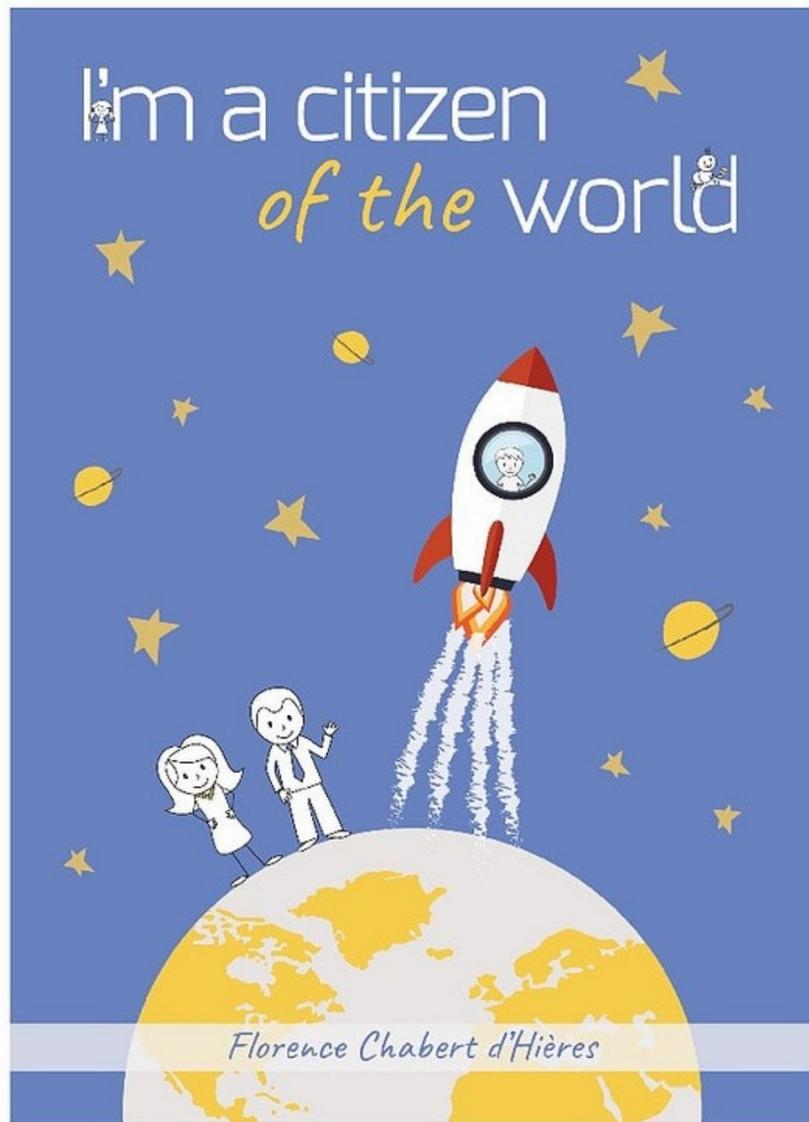
2nd Module - Developing a Global Mindset - International Parenting workshop for Expat Parents and their Third Culture Kids

key learnings include:

- Recognize emotions regarding the move including positive and negative expectations
- Learn information on the new location and third-culture kids
- Develop strategies to ensure a smooth adjustment

Developing a Global Mindset - Youth Sample Agenda

Module	Objectives	Sample Competencies
Getting Acquainted	Introductions, overview of the program and clarification of your child's expectations about move.	
Introduction to Culture	Your child learns what culture is, how it influences their life, and how cultural differences in the new country will affect them.	<ul style="list-style-type: none"> ● Understand cultural concepts
Getting to Know My New Country	Learn specific information about the new country including such topics as: people, geography, history, holidays, international schools, and other relevant information to help develop a positive impression of the new environment.	<ul style="list-style-type: none"> ● Learn information about the new country
The Dynamics of Moving	Recognize and identify emotions that might arise during the move and while adjusting to the new culture.	<ul style="list-style-type: none"> ● Understanding stress related to moving
Being a Third Culture Kid (TCK)	Learn about the TCK concept and how to fit into the new culture, home and school.	<ul style="list-style-type: none"> ● Learn the definition third-culture kid ● Understand the unique characteristics of being a third-culture kid
Culture Shock	Explore the typical adjustment cycle and learn what to expect when adapting to a new culture.	<ul style="list-style-type: none"> ● Recognize culture shock and understand why it occurs
International Parenting	The youth trainer will meet with you to discuss the changes your children may undergo during an expatriate assignment and focus on techniques to help your children adjust in their new location.	<ul style="list-style-type: none"> ● Understanding age-related transitional issues; identifying parental concerns and stress-related behaviors ● Develop family strategies to help children succeed in the new culture
Wrap-Up	Evaluations and good-byes.	



Le livre "I'm a citizen of the world" est un ouvrage à découvrir et à partager avec vos enfants. Vous y trouverez des outils et des astuces qui leur permettront de comprendre les clés d'une expatriation réussie.

The book "I'm a citizen of the world" is aimed to be read with your children. You will find tips and tools for you, Parents, to help you make your kids understands the concept of being a Hamburger!

If you wish to know more please contact Florence and Follow us www.coach4expat.com
Si vous souhaitez en savoir plus merci de contacter Florence   Coach4expat

- **Example of Youth / Third Culture Kid Coaching workshop:**

We present an "à la carte" offer. The coaching relies on the motivation of your Child, it seemed to us essential to present a flexible offer both on the content (workshops) or on an individual level (Workshops, follow-up, online package) than on the way to deliver our coaching sessions (face-to-face on site, workshops, online, by writing, by phone), in order to meet the needs expressed by our customers.

The purpose of this workshop is to accompany you and your child towards a better knowledge of himself, its competences and its motivations, in order to settle a clear objective and be able to appeal to all the internal or external resources allowing to go, and in a confident manner, towards its realization.

It is thus the workshop, which allows us to make enlightened choices, to focus, to move confidently to the next step. It corresponds to the first stage of a strategy of vocational guidance: how to know what I really want?

DURATION / LOCATION / LANGUAGES AVAILABLE

- From 9:30 am to 05:00 pm or flexible hours upon request
- Assignee home / Training room in office
- Language: English or French
- Trainer / Coach: Florence Chabert d'Hieres
- Cross-Cultural Coach and trainer

PRICE (TBC)

The training program can be offered (max 10 pex) :

- One day Cross Cultural Training and Coaching \$ 1250
- Job search program all day (2x4hours) \$ 1250
- Cross Cultural training 6 hours \$ 1000
- Cross Cultural coaching 6 hours \$ 1250
- Individual Coaching Session per hour \$ 150
- Spouses coaching session \$ 1000 (4 - 6 hours on a specific subject)
- Student coaching session per hour \$ 120
- Team Coaching upon request

Cancellation policy:

- 14+ days notice - No charge
- 7 - 13 days notice - 50% of total
- 0 - 6 days notice - 100% of total

Payment policy: *In advance with the booking or within 30 days after the training*

TESTIMONIALS

What our Students think of our trainings:

Best teacher ever!

She was super kind and could turn anything into a learning experience.

She was very fun.

I hope to get to see her again.

I loved it

They loved their time with you today, they gushed on and on all the way home! Thank you so much for being a safe place to ask questions and share your knowledge.

Florence is a very professional trainer on one on one (which is my only experience of her). She is very thorough in her briefings and has an extremely personable style. I would highly recommend her for one to one training on such topics as cultural awareness and sensitivities. Thank you, Florence,

Mrs.V.M – British

Florence met our needs and focused on points where needed, down to earth so could relate on her.

Mrs.K.B – American

Florence made me feel completely at ease, well explained the culture shock process

Mr.J.B – Indian

Florence level of interaction was very good, and she was explain other areas of interest

Miss.O.R – Nigerian

Florence is real and enthusiastic which made the session very interesting and beneficial

Mr. A.K – Indonesian

A very tailor-made training with useful related information, which helps me in my professional and personal life.

Mr.R.S – Indian

Thanks to Florence, I found my dream Job in a few months

Mrs P.G – American