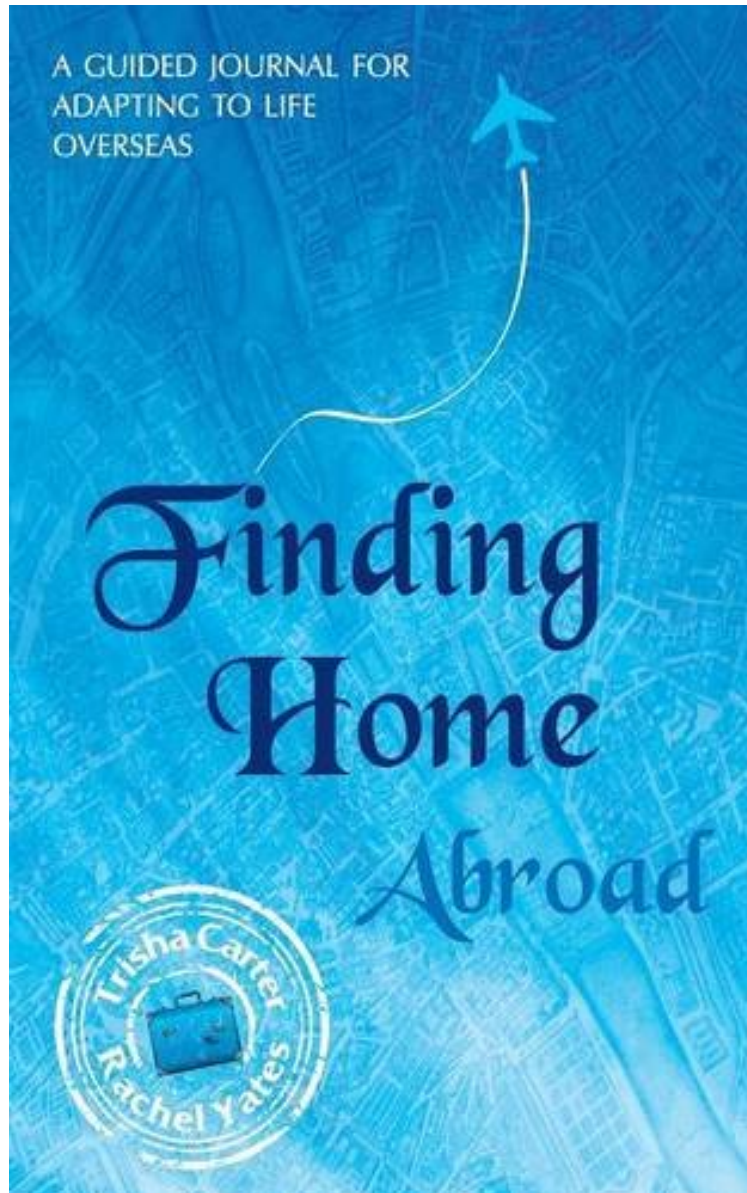


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Finding Home Abroad - A Guided Journal for Adapting to Life Overseas

Trisha Carter, Rachel Yates

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Trisha Carter, Rachel Yates : Finding Home Abroad - A Guided Journal for Adapting to Life Overseas before purchasing it in order to gauge whether or not it would be worth my time, and all praised Finding Home Abroad - A Guided Journal for Adapting to Life Overseas:

2 of 2 people found the following review helpful. An Excellent Find for the Journalist at HeartBy JSimensI have found the perfect tool for someone that journals and is now going to become an Expat. The book, "Finding Home Abroad" by Trisha Carter and Rachel Yates is a perfect companion for any expat. I am a firm believer in the power of 'storytelling'. I love how Carter and Yates takes us through our initial reaction to the move with their journal prompts of "Just Landed!". We also get a check in one month in and at the three months milestone. This is a perfect way for an expat to truly understand how they are feeling about their transition. It is also a great tool for cross-cultural trainers or coaches. I love how they put the framework in place so "a want to be writer" will know what to address but also allows a seasoned expat to reflect on key parts of their relocation. We all know that transitions can be stressful. I like how Carter and Yates helps us put strategies in place to address the feelings we experience as we move around the world. As author of, "Emotional Resilience and the Expat Child", I am well aware of the need for parents and children to address their feelings as they experience them because it is vital for their emotional well-being. This book allows you to do that. Trisha Carter as an organizational psychologist and founder of a great web site and Rachel Yates as the creator of another great website - it is clear that these ladies have given you a huge amount of resources. I enjoyed each and every appendix, starting with the "Gaining Clarity Exercise" all the way to "in Case of Emergency Plan". This would be a great gift to treat yourself if you are going to start the global nomad lifestyle. Or better yet, give it to your children if you are making them do a global lifestyle because of the choices you are making.

0 of 0 people found the following review helpful. Write it down to understand it!By George F. SimonsJournals are currently making a comeback. Writing about oneself, by oneself and to oneself as a way of examining one's life and challenges as well as recording one's story, using pen and paper, reached a high point in the 1970s, then declined until the present time. While it is possible to write to oneself on a computer or handheld device, seems there is something special about the paper pages of a diary, something more personal that allows a deeper adventure into one's experience of life, with less distraction and unhindered serendipity. Finding Home Abroad has many more empty pages than full ones, but it is not a blank book. It is a guided adventure in the sense that these two author-experts on expatriation have been able to create leading lines, suggested topics for the person planning to go and live abroad that fit that experience. There are suggestions of what to look at and how to digest the encounters with people and places that have been served up on the table of life in another place. There are even leading lines in the later pages that suggest how to sum up and appreciate oneself and the experience when it finally draws to a close. The book is furnished with a solid instructional introduction that explains the why and how of personal writing for this specific context of expatriation. Roughly the last 50 pages consist of appendices focused on the practicalities of the expatriation experience and journaling about it. They help the reader become clear about hopes and plans when getting ready to go and setting out, exploring where to get the knowledge needed about the place and the people, their values and compartment to be met on ones sojourn. This includes a hefty collection of online resources with which to educate oneself beyond the book. There is a countdown to departure, tips about developing one's cultural intelligence, connecting with one's motivation, acquiring knowledge and a strategy, and taking the steps to improve one's communication in a new environment. All of these are abetted by the reflections in one's journal. There are sections on what one needs to do to be ready for any eventuality or emergency that may occur in unfamiliar circumstances. Finally the authors provide their own website, offering more suggestions and broadening the information already provided in this slim volume. Yes, there can be countless tips about the cultural dos and donts of societies other than a our own that we will encounter, but as many people in the intercultural field are beginning to learn, but it is the story that we create, that we tell ourselves and tell others about our experience that counts in understanding our own culture and our reaction to the cultures we encounter. Rather than labeling others, we encounter them with curiosity and with reflection on how we ourselves tend to interpret what we see hear and feel. This book is a great start making expatriation rich and meaningful in the present as well as in anticipation and in retrospect via the journals pages.

0 of 0 people found the following review helpful. A great reflection toolBy Kerry from Real World ResultsAs a leadership development specialist, i regularly talk to my clients about the invaluable tool of reflection on their own leadership journey. This book applies that same critical thinking about being aware of our unconscious biases and assumptions and helps to integrate and maximise the experiences as an expat, adding to our skill of being ourselves more... with skill. Highly recommended

Let's be honest: expat life can be tough. Although exciting, exhilarating and enriching, it can also be one of the greatest challenges you face. Get the tools you need to succeed in this guided journal, created by us; Trisha Carter (cross cultural psychologist), and Rachel Yates (expatriate resource developer).

"This guided journal is a 'must have' for any prospective expat- an excellent reflection and development tool to put you firmly in control of the relocation process from the outset."Wendy Wilson