



# Spring into Coaching!

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CATERPILLAR SPIRIT

## Caterpillar Spirit Expatriate Coaching For employees and spouses

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### Are you or someone you know...

- Curious about how to make the most of your time abroad?
- Integrating slower than expected into your new corporate environment?
- Finding your new environment overwhelming and confusing?
- Frustrated with completing everyday tasks?
- Having difficulty sleeping, eating or creating a routine?
- Feeling lost and unsure?
- Doubting your decision to live abroad?
- Experiencing a sense of loss?

*Spring into Coaching!*

**Expatriate Coaching can support you in all of these areas.**

### *I will support you in:*

- Understanding the cultural adjustment cycle
- Finding your new role and identity
- Managing cultural differences, similarities and frustrations
- Dealing with loss, change and transition
- Developing new friendships and relationships
- Defining what career steps you want to take next
- Managing conflict with family and friends
- Establishing new networks and resources

### *Spring Special!*

Sign-up for the Expatriate Coaching Package by March 31, 2010 and **save 20€//\$** per session!

### *Your Investment:*

On or before March 31, 2010: 80€ / 80\$  
After March 31, 2010: 100€ / 100\$

Prices are per coaching session. Applicable tax not included.

### *The Expatriate Coaching Package*

- 60-minute introductory session and coaching assessment
- Ten 60-minute weekly individual telephone coaching sessions
- *Just-In-Time* e-mail coaching in-between telephone sessions, as needed
- *The Expat Encyclopedia* e-book
- Culture Bumps, the Caterpillar Spirit Monthly Newsletter

### *Ready to Get Started?*

Send us an e-mail or give us a call.

Sign-up online!

Learn more at:

[www.caterpillarspirit.com](http://www.caterpillarspirit.com)

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