

Introduction

Over the past 25 years I've been what you can call a serial expat around the world. After moving from one continent to another every 3 to 5 years for all those years, I am now settled here in Dubai for who knows how long?

I am now leaving a chapter behind to start a new one. I am in the process of a new transition: the end of my nomadic life for a more stable life.

It was while looking back on those beautiful years with a heavy heart and a lot of nostalgia, that I really felt the need to take action to accept this situation and help myself through this period in a positive way. Writing this book was my way of closing an important chapter of my life in a peaceful and free way, and to welcome the next one with freedom and motivation.

Reflecting on all these extraordinary years, I am also at a point in my life where I felt the need to share my gratitude and appreciation to all the people who have contributed to making my expatriate life an amazing and successful journey.

To my friends, I hope they will accept this book as a message of acknowledgement and thanks for all the great years we have shared.

To my family, I have always wished that my children would relive our adventure: their parents' story and their own. Writing this book is also my way of leaving Constantin and Angelina a legacy. I wanted my children to

remember the energy, the values and the spirit in which we grew and reflected on us and for them.

I felt the need to relive all those moments and unique experiences that have fulfilled my family and myself.

To all future expatriates, current expatriates or anyone curious about expatriation, I felt the need to share my story because deep down I know I would have loved to read a book like this at some point in my expatriate life. A book that resonates with me, that reassures me about the life stages I am going through, those that await me and how I can anticipate them to live them with positivity and confidence. I wanted to offer other women what I have received: an opportunity to create the life that was designed for me. My desire is to share any objective input that could help you make the right decision and be confident that everything will work out because the choice you made was one of self-confidence.

This has been a life where the world was offered to me, along with the opportunity to enjoy an extremely happy family life, discover new cultures, and meet wonderful people. A life during which I was also very involved in the many roles I took on. Though it has emotionally challenged me often, this life has made me determined, happy and passionate.

A life during which my encounters and my connections also played an essential role in my personal development; an aspect of my life that I wish to pursue with the writing of this book and my coaching career.

This book is therefore addressed to any person, wife, mother with or without children, partner or individual who has thought about a new career as an expatriate, who chooses this nomadic life or who is considering going abroad. It offers a practical and psychological approach to what expatriate life is like. I share many personal stories, learnings and anecdotes. I also invite the reader to self-reflect on various themes. I hope that my life experiences will inspire you to embrace or pursue this nomadic life.

As with every experience, my story is distinct and unique in itself. However, it is interesting to note that many of the situations I encountered along the way are ultimately common to all expatriates.

I am aware that not all expatriates go on expatriation under the same conditions. So, whether you are going with a private company, with an NGO or as a freelancer, most of the themes discussed will likely be equally relevant to your own experience. For this reason, and so that all types of expatriates can find information that resonates with them, I have chosen to write this book by theme and not chronologically.

In this book, I also wanted to share with you my passion for coaching and invite my readers to discover how this tool can have an extremely powerful impact on the personal development of each individual. I was inspired by coaching as a communication tool because it allows me to reach out and connect with other women who also want to progress, transform and grow to achieve their dreams by working on their skills, values and strengths.

At the end of each chapter, you will be invited to reflect on questions related to the chapter's theme. Each question is there to clarify your vision and create a new perspective as you have decided to make a change in your life. There is no right or wrong answer. Each answer depends on you, on your experience of the situation and on what you want for yourself and your loved ones. These questions are simply meant to guide you in your thinking.

My hope is that every reader will find a little inspiration in my book that will make them rethink their perspective about their current situation and their future.

Let it go! What won't happen if you won't do it? Think not only about the consequences of doing something or taking that risk, but also the consequences of not taking the plunge.

Enjoy your reading!