



Understanding the worlds
around you

CULTURAL RELOCATION SUPPORT PROGRAMME

WHAT WE DO:

We help organizations and individuals develop a Global Mindset to work internationally and relocate successfully across the world.

EXPERTISE:

- Cultural awareness
- Cultural adaptation
- Intercultural communication
- Global Leadership



Developing **intercultural skills** is increasingly necessary and urgent if you want to **operate successfully** at an international level, **communicate effectively** with new colleagues, friends, and customers, and develop solid **working and personal relationships** wherever you are.

Adopting intercultural management training programs increases productivity by 26% on average (Accenture)

US companies with 500 employees lose on average \$6.25 million each year resolving communication issues (The Harris Poll)

Embedding employee wellbeing in designing the work and mobility itself is one of the key trends in global mobility programs (Deloitte)

CULTURAL RELOCATION SUPPORT PROGRAMME:

Moving, Living and Working Abroad

**SKILLS, TOOLS AND STRATEGIES TO SUPPORT YOUR EMPLOYEES'
INTERNATIONAL RELOCATION**

**ENSURE A STRESS-FREE MOVE TO A NEW COUNTRY/CULTURE AND
PREVENT CULTURE-SHOCK**

RELOCATION SUPPORT PROGRAMME. I'LL STAND BY YOU.



The aim of the programme is to:

- **help expatriates and their families adjust to life** in a new culture, enabling them to concentrate on their new tasks and lives from day one;
- **prepare them on specific topics** like relationship management, business etiquette, different work and lifestyles;
- develop skills and learning strategies to **cope with the challenges of living abroad.**

Sessions can be adapted to the needs and requests of the participants, can be country-specific and business relevant.

HOW DOES IT WORK? CULTURAL RELOCATION TRAINING

Module 1 2 hours (pre-departure)	Cultural awareness	Topics: <ul style="list-style-type: none">• Starting with your own culture: cultural awareness, self-awareness, knowledge and sensitivity• Stereotypes, prejudices and biases and how they can affect your relocation
Module 2 2 hours (in person or online)	Cultural intelligence	Topics: <ul style="list-style-type: none">• Cultural dilemmas• The main cultural differences between the new country and their country of origin• How to mitigate the cultural shock
Module 3 2 hours (in person or online)	Cultural proficiency	In this session, our expert will address the main questions and provide advice for the challenges the people relocating are facing after their first few weeks/month.

HOW DOES IT WORK? CULTURAL RELOCATION COACHING

Leadership and Executive Coaching 4 - 8 individual coaching sessions over 4 months	Integration into the US workplace and Transition to the new role	Topics: <ul style="list-style-type: none">• Developing professional goals and objectives and a related action plan• Building relationships and networking• Overcoming communication challenges (negotiation, conflict management, executive presence, public speaking, etc.)• Adapting the working style• Building a team, inspiring and motivating others
Life Coaching 6 - 12 individual coaching sessions over 6 months	Emotional and social wellbeing	Topics: <ul style="list-style-type: none">• Managing work life-balance in the US• Developing Emotional Intelligence (EQ) to deal with the life changes• Find purpose, passions, sense of belonging in a new country• Managing the stress and uncertainties of relocating to a different country

The specific goals of each coaching program will be discussed beforehand based on the client's needs.

The two programs can be combined if needed.

A Life coaching program can also be offered to the employee's partner as an additional relocation benefit.

HOW DOES IT WORK? INTERCULTURAL TRAINING FOR TEAMS

(OPTIONAL)

<div>Session 1</div> <div>2 hours</div> <div>(in person or online)</div>	<div>Topics:</div> <ul style="list-style-type: none">• Identities and intersectionality• Stereotypes, prejudices and biases and how they can affect team work• The main cultural differences inside the team
<div>Session 2</div> <div>2 hours</div> <div>(in person or online)</div>	<div>Topics:</div> <ul style="list-style-type: none">• Leadership and management in a multicultural team• Negotiating and communicating across cultures• Focus Communication and Relationships with specific cultures and business etiquette, simulation and role plays

OUR RELOCATION EXPERTS

Viviana Premazzi, PhD:
GMD Founder, Cultural
relocation expert and
trainer



Maria Teresa Romeo:
Founder of Cometa Coaching,
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