Sybille Meinelt

EXPATRIATION: THE CHALLENGE

Your questions answered





Welcome

In this short e-book, I wish to address your concerns.
Yours expats. I am one of you, I know what you're going through.

You might be questioning yourself, doubting about you having taken the right decision, hesitating what to do next, feeling guilty if partner or kids unhappy, wondering about the future?

Well, let's see together how we can come, after analysis and brainstorming, to a constructive conclusion. We will check dreams, wants and likes, try exercises, look for inspiring people, ask ourselves empowering questions and see the best organisation suiting your way of functioning.

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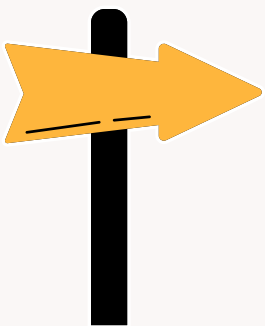
#1 Let's see the **usual questioning** of the expats, yours maybe

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#1

Let's see the usual questionning of the expats, yours maybe?

- rediscover your identity, who are you and what do you want?
- develop a sense of meaning in your life, regain self confidence, assume your differences, where do you want to go? Your mission in life.
- find a sense of belonging, come out of isolation.
- express a full range of emotions.
- understand diversity, deal with stress.
- connect with inspiring people, understand your style of communication and adjust your message delivery.
- build meaningful relationships which may last over time whatever life moves you take, with a sense of commonality.
- learn how to cope and thrive with change, away from your routine and comfort zone, acquire and stimulate a mobility of mind and spirit, easy adaptation.
- face everyday's challenges in an unusual environment, losses of benchmarks.
- take decisions that are in line with your values, make commitments in your nomad life.
- Organize your life with coherence and continuity with or without children.



#2

You may want to ask yourself the following questions

what do you think it would take to double your happiness?

what is it you are trying to accomplish this year?

what have you already tried to do to improve your situation? What worked? What didn't work?

what frustrates you most about your life right now?

You have probably asked yourself some or most of these questions, haven't you?

#3

Now lets see more in depth your concerns in all major areas of your life

love, personal, family, social life, friends, contribution to the world, personal development and spirituality, health, wellness, energy, finances, professional life, hobbies, environment....

- ✓ **You with Yourself** - Your identity, what you want, a sense of belonging, a sense of meaning, your self-confidence, express your emotions, come out of isolation, be and stay aligned (in what you think, you say and you do), make commitments in line with your values, easy adaptation
- ✓ **You with Others** - Connect with inspiring people, build meaningful relationships, communicate efficiently, sense of commonality
- ✓ **You with the World** - Assume your differences, understand diversity, cope with change, deal with stress
- ✓ **Time, one of the most powerful asset for success** - Have the management of time at your service to keep control of a thriving life



Exercises

you with yourself



identity, belonging, self-confidence, emotions, isolation, alignment, commitment, adaptation

How do you feel right now? Content, sad, excited, tired, curious.....?
Well, let's see how you can, now, represent an image of where you stand and you will see, that often, we draw a darker picture of our reality.
I will give you tracks to look up, however, it is for you to search the tools in internet and elsewhere.

Exercise N°1

Start with googling « wheel of life «. You will find plenty, choose the one that appeals most to you, in regards to zones (family, personal, professional, health, spiritual, social.....)

Fill it in as to your situation now, be honest and authentic.

Then fill another one as to how you would like it to be.

Now you have a clearer view of the areas of your life you need to improve to have a more fulfilling life.

Exercise N°2

Make a list of your desires:

- I would like to be more.....
- I would like to be less.....
- I would like to do.....
- I would like to have....
- I need.....
- I would like to change.....

Take your time and avoid any distraction while brainstorming with yourself.

Go in details, cut them into small, measurable objectives (time, money, energy.....); small, easily reachable objectives will boost your self-confidence. Once self-confidence is sufficient, you can always give yourself more and more challenging tasks. Build it up, step by step.

Having objectives doesn't mean you must attain them at all costs, it gives you a sense of direction, a focus making you more efficient.

Put terms and actions and TAKE ACTION. This will help you channel your energy.

Procrastination may slow you down, well this is a subject on its own tackled by motivation tools, amongst others.

Many coaches offer trainings to accompany you along this difficult but so rewarding road. All have their own expertise, find out for yourself, search, try, adjust and , especially, listen to your heart.

(I connect with and follow myself: david laroche, brendon burchard, lea slacik, anthony robbins, christophe haag ; and idriss aberkane, joe dispenza for neuro-sciences; and joe dispenza, françois lemay for empowering meditations to take control of your life; and sarah marquis the world adventuress, giving empowering life lessons, amongs others.....)

I am building myself a training with and for you, expats.



Exercise N°3

Ask yourself powerful, inspiring questions :

Not : why am I again in this difficult situation ?
But rather : how can I grow with regard to this situation ?

Not : why did I do this mistake ?
But rather : what can I learn from this mistake to avoid it ?

Not : why am I arguing with this person again ?
But rather : what can I do to improve our next exchanges ?

And so on, you got the idea ?... *empowering questions, helping you to move on, to uplift you, to open your mind and creativity.*

you with others

connection, communication

It makes you grow when you research people, activities, situations that give you energy instead of draining you, that make you feel good, rather than uncomfortable. So be selective for your own good.

A pre-read of the country's dos and don't s is a good start.

Communication is a challenging issue between people, men and women (see men come from Mars and women from Venus from john Gray), different cultures, different languages.

We emit a message that will be received differently from one person to another. See, we all have different filters due to our upbringing, education, schooling....., different attention spans, different interests....

Children, and teenagers may be harder to approach, especially TCKs - Third Culture Kids. Look it up, children born, growing or raised away from their parent's culture.

Exercises

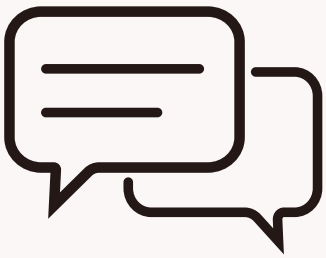
When you start a conversation

Always **put yourself in the shoes of the other** first and tell him that you understand how he feels, you understand his situation. This will dramatically increase his trust in you and he will be more inclined to listen to your point of view afterward, it doesn't mean you agree with it, it just means that you accept his side and he will be grateful for that.

Reformulate

Reformulate what the other says **to make sure you understood his message**, no mismatch in the emitting and receiving of the message

During an exchange, put yourself at the same level of energy as the other: ton of voice, words, gestures, posture, face .....(it is not a question of copying or loosing one's personality, rather a question of adjusting). If you talk in low tones, you don't like people talking to you loudly, do you? If you have a large private bubble around you, you won't like somebody invading it, will you? That's the idea.



Never take it personnaly

for the spiritual ones , see « the five agreements « from Don Miguel Ruiz.
It means that somebody emitting a message does it in the style linked to his mood at the time of emission :

→ if it is aggressive, unpleasant → it has nothing to do with you
→ if it is pleasant and nice → it has nothing to do with you

It depends on the emitting person and on her only! Yes, if unpleasant, it is difficult to stay composed, but try.

You will see how rewarding it is when an aggressive person addresses you and you respond with calm and composure. The exchange will take a positive turn you never imagined!!

you with the World



difference, diversity, change, stress

To face the outside positively, you have to have a strong, aligned and happy inside.

That is what we started to see in You with Yourself.

Please, I am sure you understand that this part, You with Yourself is the most important, urgent and rewarding task to accomplish first before moving on.

Especially during expatriation, you have less second chances to make a good first impression when you meet people. You will meet people who will accept that you come from elsewhere and be more comprehensive and others who think that, as a foreigner, you need to know their culture and adjust, with little comprehension.

Exercice

After having read the dos and don't s, get closer to the first group, the accepting one, and show them your interests in their country, their history, their food, their habits, their schooling, their code of conduct...

Adjust to your interlocutor,

- if it's the washing machine repair man: try asking about everyday life....
- if garage owner: ask about cars, roads, highway tax, driving style.....
- if mum with kids: ask about school, outside activities, help, organisations linked with children.....
- if people assisting to sport, cultural activity: tailor your questions.....

And stay always open minded to the differences, don't judge, nor compare, nor draw conclusions. You are the host learning from your move, curious, interested, wanting to know and understand how you can contribute to your environment (everything you give out comes back to you!).

Time, one of the most powerful asset for success



This subject is of paramount importance and needs to be addressed thoroughly if reaching your set objectives is important to you. *I will give you some elements here.*

First, you need to know **where you stand and where you want to go**. We assume that you have clarified this previously.

plan ahead (again like objectives, not an issue if you don't follow exactly the plan, it gives you a clearer direction), do it evening for next day or morning for the day if you're a morning person. Do it Sunday for the coming week - do it the 31st for the next month - do it end of December for the coming year.....

a to do list with priority 1, 2 and 3....

a not to do, NO list, to stop unproductive or delegable tasks.

do you know the Eisenhower matrix ? if not, look it up

work by cycles (90 minutes), jam sessions (total focus, 0 distraction) (see Darren Hardy, Robin Sharma, Brendon Burchard).

make a list of your engagements and stop those costing you more than they bring to you, say NO. Look up the Pareto rule 80/20.

delegate, focus on the tasks moving you forward towards your objectives, group the tasks by similarity, do the tasks giving you energy (delegate the ones draining your energy or where you are not best at), start with toughest first thing in the morning (top energy and out of the way and good for the spirit), make it a game.....

then always, **track and measure**, review and adjust.
It's an efficient meeting with yourself: to have once a week a recall of the happenings and thoughts about how it can be improved next time. Keeping a journal is a powerful asset as well.

These are all tools known by many and well explained on the net and videos from international successful business coaches like : darren hardy, robin sharma, brendon burchard, biba pedron, david laroche, max piccinini.....

This is a non exhaustive list of tools from experts. Of course you have to try, and select the ones that appeal most to your personality and style of functioning.
And then decide which ones work best for you.

So my friends, I have given you a glimpse of powerful tools that we will investigate more by getting closer in trainings, coachings or webinars, when I have the pleasure of receiving your trust:

- *3 exercises to reconnect with yourself*
- *4 exercises to maximize the efficiency of your communication with others*
- *an attitude suggestion when facing the world*
- *7 powerful tools, amongst others, to do more in less time when applied appropriately*

#4

What you will receive from me

I wish to share with you my experiences, my skills, my knowledge, my learnings as I have been and still go through the expat life challenges now. I'd like to share with you my ideas from my readings, coachings, viewings, travellings, discussions with coaches, experts in their field, networking events, always linked to personal development and expatriation.

I'd like to be of service to you, offer you suggestions, tools, ideas, exercises, views, directions for you to try, experiment and see for yourself which solves your problem, which lightens up your doubts, which answers your questions.....?

I wish my approach to be humanly warm-hearted, I will not bring you answers for practicalities in everyday life (lodging, schooling, insurances, retirement options, finding a job....) although I can give you partner's names from my growing international network. I leave that to specialists. However, I will act with professionalism and confidentiality.

I'd like to be close to you, to offer you a personal service to call upon when you decide the need, to support you, for you to know there is somebody at your side at all times, somebody who doesn't judge, doesn't draw conclusions, doesn't take sides.



I wish to specialize in showing you **how to reconnect with your inner potential,** empowering your mindset, identify your past life wounds to overcome your blockages resulting from these wounds.

I will warm-heartedly but firmly answer your questions, show you directions in the unique aim to help you move forward towards what you consider being the best for you, in line with the objective decided by you.

That is my quest. So, my offer is this e-book first to introduce myself to you, what I can offer to you and how it may support you.

Then, I will invite you to a free session together, if you wish to check how we can move forward together.

Here is the link to book a meeting:
http://bit.ly/3Kv91B5

In parallel with the coaching, I am launching a 1st Webinar on the 18th of september 2025 6pm CET time, about a Supportive, Online, International Community for Expats, the " Beyond Borders Community " with:

- 2 unformal meetings / month to build a social network worldwide
- varied content discussed and initiated by the members: - themed workshops - interviews of experts on chosen themes
- role plays - brainstormings - connection with support buddy - .....

Ground rules are: Friendly, Safe, Supportive and there will be a code of conduct.

Here is the link to book a meeting with me to discuss joining the Beyond Borders Community for expats, http://bit.ly/3Kv91B5

#5

Who I am

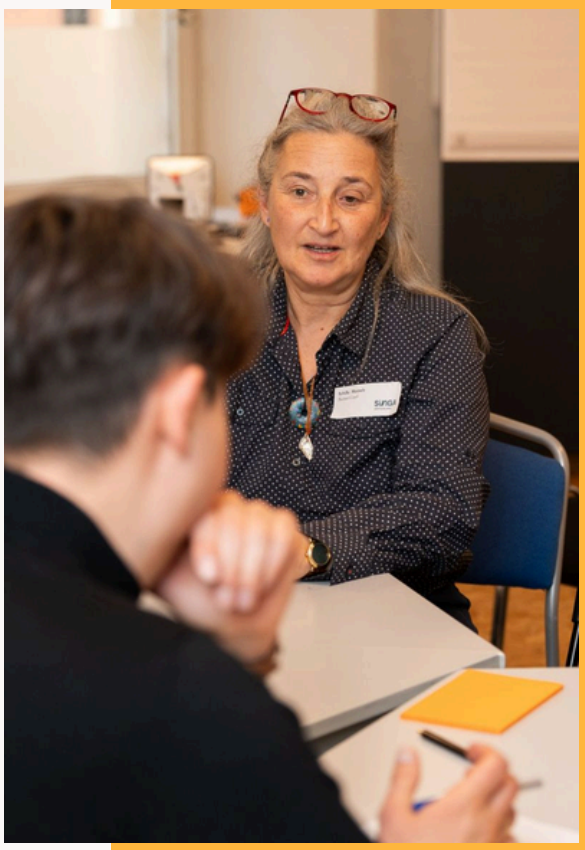
I am Sybille Meinelt and 61 when I update this document for you expats in 2025.

This document is a taster of what I wish to bring to you, a support, some tools , an exchange with coaching, an online community, webinars.....

www.awakenurpotential.com

Let's be clear about the definition of an expat : it is a person temporarily or permanently residing in a country other than that of their citizenship or birth or that of its parents. I refer to this definition thereafter.

An expat myself since 1993 or rather, since birth, I joke in saying that I am born in a suitcase, from a German mother and a French dad (polish origins) in Paris, France.



Sybille MEINELT

From 3 to 6 years of age, I spent the 6 months of summer at the sea and the 6 months of winter in the mountains between France, Spain, Italy, Corsica, former Yugoslavia.

I lived one year on a ranch in Washington state, USA, at age 14 in 1978-79. I am still in touch with my ranchers where I went back more than 10 times since : for a few months to cook, round up cattle, help in ranch duties and help the mother veterinarian. It is a dude ranch now, the KdiamondK ranch, you can find it on internet.

I restarted more expatriations in 1993 with husband and kids, first to Great Britain, then Budapest in Hungary, back to Great Britain. From there, we were meant to depart for Japan when I had an accident, brain injury in Germany while horseback riding. Four months in hospital. My first major accident was when I lost an eye at age 12 in 1976.

So I ended coming to Switzerland in 2008.

In the mean time, I went for holidays, often, in Thailand, Indonesia, Bali, Singapore, Sri Lanka, Tunisia, Kenya, USA, Canada, Scandinavia, Ireland, Czech Republic, Slovak Republic, Bulgaria, Romania.

So I have been around the world, young, less young, alone, with small and older kids and husband, touring by bus, on motorbike (Scandinavia), on bicycle (Ireland), by train, by plane.....(I would like to cross the desert on horseback! And I still need to discover Oceania,, south America and more of Asia and Africa).

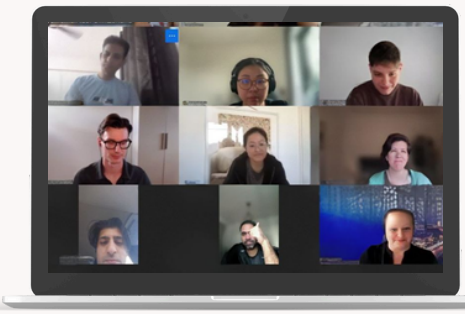
Born in a suitcase



#6

My offer to you, expat, help you :

- Reconnect yourself with your phenomenal, untapped inner potential
- Show you how to ask yourself the right questions : empowering and constructive
- Reposition your priorities in an order that will make you want to move forward



Training
Coaching, individual and personnalized
Online community
Webconferences with experts on chosen themes linked to expatriation

www.awakenurpotential.com

From now on, I offer:

- private coaching, AND,

- end of september 2025, this Supportive, Online, International Community for Expats: **Beyond Borders Community**

Sybille Meinelt in Switzerland in 2025 for the moment, profile on facebook, linkedIn, IG, glocals, internations, meetup.....

I live,for the moment, in Neuchâtel Switzerland (2025).



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This offer is all in english for the moment. However, I can communicate with you in French or German.
Tout ceci est en anglais , mais je peux communiquer avec vous en français et en allemand.
All das ist auf english. Aber ich kann mit Ihnen auch auf deutsch und französisch kommunizieren.