



Get to know our *Expert Speakers*



Speakers who contributed a special offer to our VIP Bundle

OCTOBER 13-15, 2022
WWW.EXPATCOUPLESSUMMIT.COM

Wiebke Anton

Dr. **Wiebke Anton** is a mediator and certified relationship coach. She helps future and current expats in overcoming their relationship struggles. Being an expat herself, she can relate to the pitfalls and challenges couples experience during and after their transition into new roles and environments. Her research-based approach to couples coaching focuses on understanding and improving their communication and conflict patterns. Wiebke offers both 1:1 online coaching as well as workshops for soon-to-be and 'serial' expats.



Rhoda Bangerter

Through writing, speaking engagements, research and personal coaching, **Rhoda Bangerter** supports expat families where one partner travels a lot for work. She was raised in a multicultural home and is married to a Swiss. Her husband has traveled abroad for work throughout their whole marriage including two years when he was based in Kabul. She realised that many moms and dads around the world experience the same challenges she faced which led her to run extensive research, share her learnings through her book «Holding the Fort Abroad». Her message is «your challenges are real, don't face them alone».



Kristin Duncombe

Kristin Duncombe is an American author, psychotherapist, and life coach, who has based her career on working with international and expatriate families following her own experience of growing up overseas as the child of a US diplomat and having lived internationally most of her adult life. She is the author of *Trailing: A Memoir* and *Five Flights Up*, both memoirs that address, among other things, the specific challenges and idiosyncrasies of the expat existence. She lives in Geneva, Switzerland.



Gabriela Encina

Gabriela Encina is a Licensed Psychologist with 20 years of experience and has provided online counseling to expats and globally mobile clients since 2018.

She was born in Chile, is married to an Austrian and is currently living in Spain.

She uses her experience and professional training to help her clients live purposeful and fulfilling international lives, build up their confidence, create and maintain meaningful relationships and prioritize their well-being.

Her approach is mainly through Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and aspects of Gestalt and Humanistic Therapy. She also integrates Coaching and Mentoring tools.

She also facilitates workshops on-and offline, dealing with the mental health concerns of living internationally.

Gabriela supports her clients in Spanish, English, and German.



Sarah Siegert

Sarah Siegert is a friendship coach and supports other expats in having more, better and deeper friendships in their lives.

She moved abroad 3.5 years ago and experienced difficulties in making new friends and maintaining old friendships which also affected her relationship negatively. Now as she overcame these challenges, she is helping others in living a happier life with deep and lasting friendships that feel fulfilling.



Anka Grzywacz

Anka Grzywacz is a sexologist and Certified Sex Coach. In her online practice she helps women and couples nurture desire and love in their relationships. Originally from Poland, she lives as an expat with her family in Zurich, Switzerland. In 2019 Anka gave a TEDx Zurich talk "Good Enough Sex". Back home she hosted a popular, nationwide radio show about sexuality. Anka specialized in low libido and orgasm problems in women. In her personal life she is married, has a young son and two cats.



Katrin Dürkoop

Certified Conscious Uncoupling™ Coach **Katrin Dürkoop** will gently support you through the difficult time of separation, to move on from the painful relationship dynamics of the past. Listening deeply while asking the exact questions that catalyze your inner growth will guide your next steps.

Do you feel afraid that you'll never recover from this break-up and end up alone in life? Do you wish that someone would understand your situation and help you through it?

Share, process and integrate your experience, so you come out the other end feeling deeply connected to yourself, your values and happiness.

Katrin will help you feel strong enough to make it through life, sharing tools and skills to navigate the setbacks life throws at you.



Prof. Ruth McPhail

Dr. Ruth McPhail is a Professor of Human Resource Management at Griffith University (south of Brisbane, Australia). Her research interests include international human resource management, LGBT expatriates, LGBTI elders and aged care, amongst others. She has wide experience in management consulting, human resource management and leadership, having trained management teams in Australia, China, Malaysia, Thailand, the USA and India.

Ruth received University Teacher of the Year Award in 2015 and the Vice Chancellor's Educator of the Year Award in 2019.



Harriet Cannon

Harriet Cannon, earned a degree in Counseling from Seattle University and practiced as a multicultural psychotherapist and consultant for thirty years. In addition to being a subject material expert for the Boeing company on intercultural relationships, pre and post assignment cross cultural training for expatriates, she served as a consultant to International Schools, and worked for the US State Department in Chile. Harriet is co-author of *Mixed Blessings: A Guide to Multicultural and Multiethnic Relationships*. *Exiled South* is her debut novel.



Prof. Judith Eidems

Dr. Judith Eidems is the co-founder of Positive Expatriation – an evidence-based consulting and coaching company specialized in supporting international HR departments as well as expats and expat families on their journey of a successful and fulfilling stay and career abroad. Positive Expatriation draws from Positive Psychology theory and practice.

With 20 years of experience as a professor and manager in International HRM, Judith combines strategic knowledge and novel solutions that address challenges organisations and expats are facing nowadays. Positive Expatriation advocates for a holistic and new approach of managing expatriations successfully and emphasizes the expat wellbeing, resilience, mindset and identity.

Judith is author of numerous articles and books. She has lived and worked in five different countries. At the moment she and her family call North Carolina / USA their expat-home.



Mariam Navaid Ottimofiore

Mariam Navaid Ottimofiore is a Pakistani expat author, writer, researcher and economist. She has lived in ten countries as both a TCK and an expat adult: The Kingdom of Bahrain, the United States, Pakistan, the United Kingdom, Germany, Denmark, Singapore, the United Arab Emirates, Ghana and Portugal. She is the author of the expat guidebook *This Messy Mobile Life: How a MOLA can help globally mobile families create a life by design* (Summertime Publishing 2019) which equips international families to navigate a life abroad. She is also the blogger behind the expat blog *And Then We Moved To* in which she explores expat life and raising multicultural and multilingual children in her East-meets-West marriage.



Nicola Beer

Nicola Beer is a world leading authority on how to strengthen your romantic relationship and save a marriage. International best-selling featured on CBS, NBC, Fox News Network, Huffington Post and Wall Street Select. Nicola is most famous for her relationship and wellness facebook group and relationship podcast show called: Save Your Marriage with Nicola Beer on itunes, spotify and other podcast platforms. She is also the founder of the of the award-winning affair recovery and relationship transformation program for couples. For individuals seeking change she supports them in her breakthrough program to clear out insecurities, low self-esteem and confidence and other unwanted thoughts and habits. Nicola uses a holistic approach combining coaching, emotional bodywork, counseling, mindfulness and hypnotherapy. Those interested can book a free 20-minute introduction call on her website.



Cath Brew

Cath Brew is an artist who educates and illustrates about marginalised experiences for positive change - with a focus on identity, belonging and expat life. She works with international schools on whole-school LGBTQ+ inclusion together with empowering LGBTQ+ students to be proud. Cath also hosts Talk-Back Tuesday 60 secs of LGBTQ chat on social media, whilst her podcast 'Drawn to a Deeper Story', explores the 'lives that challenge us and the difficult conversations around them'. Cath's inclusion and activism illustrations can be found on a range of gifts in the Drawn to a Story online shop.



Prof. Geoffrey Greif

Dr. Geoffrey Greif is a Professor at the University of Maryland School of Social Work where he has worked since 1984. He was Associate Dean from 1996 to 2007. He is the author of more than 150 journal articles and book chapters and fifteen books. Within the past few years, Dr. Greif has scientifically explored horizontal relationships, e.g. "Buddy System: Understanding male friendships", "Two Plus Two: Couples and their couple friendships" (with Dr. Kathleen Holtz Deal) and "Adult Sibling Relationships", written with Dr. Michael Woolley (2016). A new book, In-law relationships: Mothers, daughters, fathers, and sons was published in 2021.



Katia Vlachos

Katia Vlachos is a certified coach supporting globally mobile clients in navigating life's transitions and designing thriving lives abroad. She is the author of *A Great Move: Surviving and Thriving in Your Expat Assignment*, a guide for making successful international moves. She has written, among others, for the Harvard Business Review, Huffington Post, Thrive Global, and Medium, while her work has been showcased in the Financial Times, New York Times, numerous articles and podcasts. Katia is a policy analyst by training, with a Master's from the Harvard Kennedy School and a Ph.D. from the RAND Corporation. Greek by birth, and expat for 25+ years, she currently lives in Zurich, Switzerland. Sign up for Katia's newsletter and download free resources at www.katiavlachos.com



Kate Galloway

Kate Galloway is a passionate and effective coach with 15+ years supporting individuals and organisations. Previously, Kate worked internationally in human resources (UK, USA and UAE) within some of the world's largest energy companies, Kate loves to partner in coaching relationships to support clients with their unique goals. Kate repatriated with her family to Scotland in July and has practiced her own learnings. Having been on the corporate, personal and coach side of expatriation, she is passionate to support international career couples to align and grow their careers as they live on the move. Her interest in expatriation has continued since being a student to now offering professional support to others through her coaching services and the International Career Couples Podcast!



Listen to personal stories from:

Carolyn van Es-Vines, author of *black and (A)broad: traveling beyond the limitations of identity*, aligns women at career crossroads with their core values so that they can make tough decisions and reclaim leadership in their lives. American born and raised, she's lived in the Netherlands with her Dutch husband and three kids for 20+ years. She is a Certified Professional Life Coach and international speaker.

Angie McLachlan: born in Africa and brought up in UK, Angie has had two key relationships with members of the expat community and witnessed the underlying day-to-day struggles of being away from home long-term or specifically as a 'Lovepat'. With her Australian wife, they explore life, inclusion and mortality through their relationship and their artwork, describing their view of the world in complimentary but very different ways. In her working life, with over 30 years of experience in the funeral service, Angie holds an informed and unique perspective on mortality, death and caring for the dead. She designed and built Ichabod and his family, providing resources, guidance and care of the body training to specialist organisations and individuals.

Driven by her passion to support others and having a positive impact on people's lives, **Navine Eldesouki** founded Coffee with an Expat, a diverse and inclusive lifestyle community for expat women. Through her wealth of over 20yrs of experience navigating the intricacies of expat life in 8 countries, she has created a support system that empowers expats both personally and professionally. Navine was a finalist for the 2022 Australian Community Engagement Award and is recognised as an influential role model among the expat community globally.

Margaret and Patrick Ghielmetti share their story together on the Expat Couples Summit!

Margaret Ghielmetti wrote *Brave(ish): A Memoir of a Recovering Perfectionist* to inspire readers that it's never too late to learn to live our own lives – IF we dare to let go of outdated roles and rules we thought kept us safe. She also hopes to entertain readers with her (mis-)adventures living on four continents as a Trailing Spouse. *Brave(ish)* earned the Silver Gilda Prize: nominated memoirs are "Distinguished by their fresh voices, their honesty, and their authenticity. They make us laugh (even when we want to cry)." Other creative passions include teaching memoir . . ."live lit" storytelling (winning two Moth StorySLAMs) . . . solo show "Fierce" (about re-claiming her genuine voice and expression) . . . and photography.

Born in Switzerland, **Patrick Ghielmetti** knew - at age seven - that he was meant for a career in hotels. Prior to establishing Ghielmetti & Associates, Patrick had 30+ years of hotel management experience, including working on four continents, primarily with Four Seasons Hotels & Resorts. His expertise comes from deep experience in Operations, HR and Leadership Facilitation – and his "special sauce" is working with corporations and organizations choosing to build more cohesive and effective management teams. Patrick has experience in 35 countries as a facilitator of dynamic, transformational, experiential leadership programs and as a behavior-based executive coach.

Listen to personal stories from:

Anastasia Adelina Lijadi is a psychologist, focuses on researching the well-being of the globally mobile population. Her Ph.D. dissertation crowned the place identity theory of Third Culture Kids and won the Top 2015 Atlas TI Award for the best dissertation from the International Institute of Qualitative Method, University of Alberta. She is currently working at the International Institute for Applied Systems Analysis, Austria, which advances systems analysis and applies its research methods to identify policy solutions to help achieve sustainable development goals. Anastasia also serves as an Associate Editor for The International Journal of School & Educational Psychology, addressing issues of professional importance to the success of children, youth, and families in academics and in life.