



CORE VALUE ASSESSMENT

PERSONAL GROWTH AND ASSESSMENT

CAREER TRANSITION INVENTORY

CAREER TRANSITION & CAREER CHANGE



SPOUSECAREER
COACHING PROGRAM

Dutch Cultural Awareness & Dimensions
Job and Labour Market Analysis
C.V., Cover Letter and Interview Techniques



EXPATCOMPANY.NL



PART I : CAREER TRANSITION (INTERNAL)

PERSONAL GROWTH ANALYSIS AND TECHNIQUES

CAREER TRANSITION INVENTORY, ASSESSMENT AND REPORT

CAREER TRANSITION ADJUSTMENT

PART II : CAREER CHANGE (EXTERNAL)

C.V. TECHNIQUES

COVER LETTER WRITING

PERSONAL AND SEARCH PROFILE

LABOUR MARKET RESEARCH

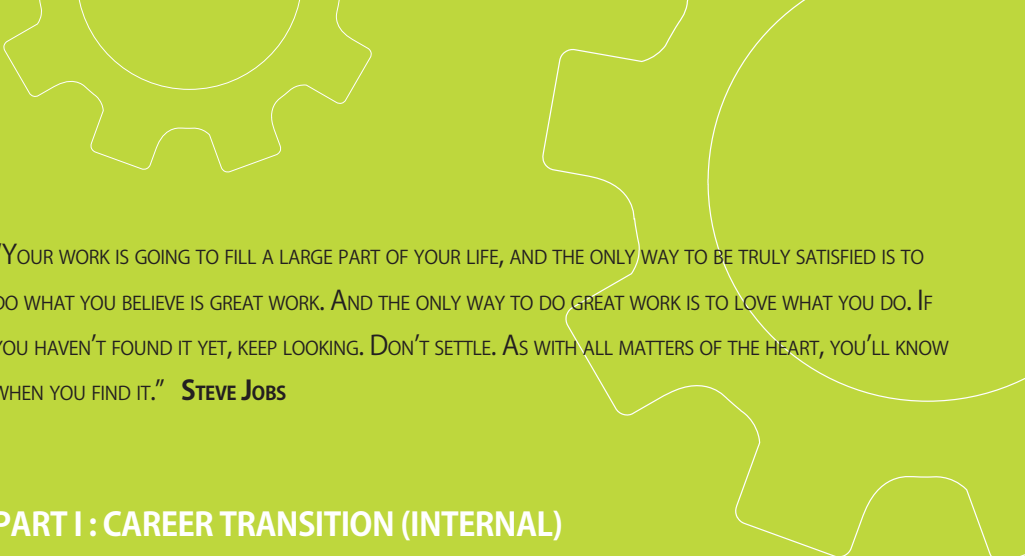
JOB OPPORTUNITIES

PART III

DUTCH CULTURAL AWARENESS AND DIMENSIONS

MOCK INTERVIEW

**THREE CAREER COACHING SESSIONS
+ 4 MONTHS FOLLOW-UP**



“YOUR WORK IS GOING TO FILL A LARGE PART OF YOUR LIFE, AND THE ONLY WAY TO BE TRULY SATISFIED IS TO DO WHAT YOU BELIEVE IS GREAT WORK. AND THE ONLY WAY TO DO GREAT WORK IS TO LOVE WHAT YOU DO. IF YOU HAVEN’T FOUND IT YET, KEEP LOOKING. DON’T SETTLE. AS WITH ALL MATTERS OF THE HEART, YOU’LL KNOW WHEN YOU FIND IT.” **STEVE JOBS**

PART I : CAREER TRANSITION (INTERNAL)

CAREER TRANSITION IS AN INDIVIDUAL INTERNAL TRANSITIONAL PROCESS WHEN DEALING WITH CAREER CHANGE (VOLUNTARY OR INVOLUNTARY). “TRANSITION” IS THE INNER PSYCHOLOGICAL PROCESS PEOPLE GO THROUGH TO COME TO TERMS WITH THE NEW SITUATION, AS THEY LET GO OF THE WAY THINGS USED TO BE AND REORIENT THEMSELVES TO THE WAY THAT THINGS ARE NOW (BRIDGES). BY ALIGNING ONE’S INTERNAL SELF-CONCEPT IT CAN POSITIVELY INFLUENCE ONE’S BEHAVIOUR AND DECISION MAKING PROCESS. EXAMPLES INCLUDE RELOCATING, BEING A TRAILING SPOUSE, VOLUNTEERING, STARTING ONE’S OWN BUSINESS OR CHANGING CAREER PATHS OR PERSONAL GOALS. PARTICULARLY AS A TRAILING SPOUSE AND / OR PARENT IT CAN BE CHALLENGING TO CONTINUE ONE’S CAREER IN THE SAME CAPACITY.

PERSONAL MOTIVATION ANALYSIS

CORE VALUES
TRANSFERABLE SKILLS
INTERESTS



CAREER TRANSITION
INVENTORY, ASSESSMENT
& REPORT



CAREER TRANSITION
ADJUSTMENT



"ALL GREAT CHANGES ARE PRECEDED BY CHAOS."

DEEPAK CHOPRA

PART II : CAREER CHANGE


CAREER CHANGE IS A SHIFT FROM ONE JOB TO ANOTHER WHICH CAN TAKE PLACE IN DIFFERENT FORMS AND CAPACITY.

AS A TRAILING SPOUSE THIS CHANGE IS BOTH PERSONAL (GEOGRAPHICAL CHANGE, LANGUAGE BARRIER, CULTURE DIFFERENCES AND DIMENSIONS, HOUSING, SCHOOLING ETC.) AND PROFESSIONAL. DUE TO RELOCATING, THE CAPACITY IN WHICH ONE MAY BE ABLE TO GAIN EMPLOYMENT MAY VARY.

IN DEALING WITH CAREER CHANGE THE EXPAT COMPANY FOCUSSES ON TRANSLATING YOUR INTERNATIONAL STRENGTHS, VALUE AND ABILITIES INTO JOB OPPORTUNITIES AND CURRENT JOB VACANCIES BY RESEARCHING LABOUR MARKET AND JOB OPPORTUNITIES THAT FULFIL YOUR PERSONAL AND PROFESSIONAL REQUIREMENTS AND INTERESTS. TO CREATE THE BEST PRESENTATION OF YOURSELF, AN INTERNATIONAL C.V. IS TAILORED IN ACCORDANCE TO THE DUTCH STANDARDS AND EXPECTATIONS. AFTER ALL, WE ONLY GET ONE CHANCE AT A FIRST IMPRESSION.

WE PROVIDE INSIGHTS AND RESEARCH MATERIAL AND HELP SOURCE JOB POSITIONS ALONG WITH PROVIDING JOB APPLICATION AND JOB INTERVIEW ADVICE.

ALL RESEARCH OPPORTUNITIES WILL BE RECORDED IN THE JOB PROSPECT AND CONTACT LIST TEMPLATE. THE TEMPLATE PROVIDES A GOOD OVERVIEW OF ALL THE STEPS TAKEN FOR EACH PROSPECTIVE EMPLOYER AND CREATE A NETWORK DATABASE, WHICH CAN BE BENEFICIAL FOR CURRENT OR FUTURE OPPORTUNITIES.



"YOU'RE BRAVER THAN YOU BELIEVE, AND STRONGER THAN YOU SEEM, AND SMARTER THAN YOU THINK."

A.A. MILNE

PART III:

WE PROVIDE GENERAL DUTCH EMPLOYMENT GUIDELINES ALONG WITH LABOUR MARKET RESEARCH ANALYSIS TAILORED TOWARDS YOUR CAREER PATH. WHAT, FOR EXAMPLE, ARE THE CULTURAL DIFFERENCES AN EXPAT MAY ENCOUNTER WHEN APPLYING FOR A JOB. WHAT ARE THE UNWRITTEN RULES DURING A JOB INTERVIEW PROCESS AND WHAT ARE THE ETIQUETTES. WE WILL DISCUSS THE (OFTEN UNINTENTIONAL) VERBAL AND NON-VERBAL COMMUNICATION QUEUES DURING A JOB INTERVIEW.

THE EXPAT COMPANY WILL EXPLAIN WHAT TO EXPECT, HOW TO PRESENT ONESELF, GENERAL DO'S AND DON'TS, LOCAL PRACTICES, ATTIRE, AND PRESENTING ONESELF WHEN CONDUCTING A JOB INTERVIEW.

TO PREPARE ACCORDINGLY A MOCK INTERVIEW, A PRACTICE INTERVIEW, IS HELD

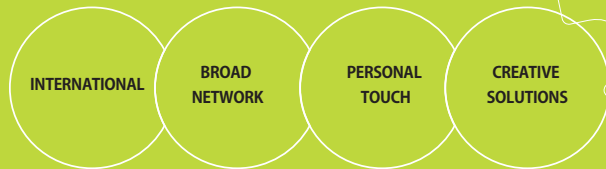
AFTER THE THREE CAREER SESSIONS 4 MONTHS OF FOLLOW-UP SUPPORT IS PROVIDED. DURING THE 4 MONTHS 4 CONTACT MOMENTS ARE IMBEDDED.

FOLLOW-UP SUPPORT

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WHY THE EXPAT COMPANY



- "I FOUND THE ADVICE THAT CAROLINE GAVE ME ON PRESENTING MY CV FOR A DUTCH AUDIENCE EXTREMELY USEFUL. SHE PROVIDED SOME VERY PRACTICAL AND APPPOSITE SUGGESTIONS ON SELF-PRESENTATION AND PREPARATION FOR MY INTERVIEWS. I WOULD ASCRIBE MY SUCCESS IN SECURING A TEACHING POSITION IN LARGE PART TO THE SUPPORT AND ENCOURAGEMENT THAT I RECEIVED FROM CAROLINE AND THE EXPAT COMPANY"

OLIVER P.

- "I AM SO GRATEFUL TO BE PART OF THE SPOUSE CAREER COACHING PROGRAM. AT THE SAME TIME, I CERTAINLY APPRECIATE SHARING YOUR INSIGHTS, EXPERIENCE AND KNOWLEDGE TO FIND A JOB IN THE NETHERLANDS"

SOFIJA V.



CAROLINE HULSHOFF

I HAVE A MASTER'S DEGREE IN PSYCHOLOGY ALONG WITH HR AND CAREER COACHING CERTIFICATION. I MYSELF LIVED ABROAD AS BOTH A CHILD AND ADULT AND HAVE RETURNED TO THE NETHERLANDS ABOUT A YEAR AGO AFTER LIVING ABROAD FOR NEARLY 10 YEARS.

C.HULSHOFF@EXPATCOMPANY.NL

+ 31 (0) 36 530 2000

+ 31 (0) 6 575 53 437

EXPATCOMPANY.NL