



# A Happy Expat Spouse

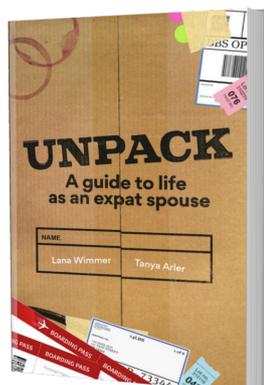
## expectation vs reality

Whether it's a first time move or one of many, every spouse faces personal challenges during the transition which are specific to expat life as a spouse; loss of identity, lack of direction, loneliness...

During this talk you'll gain insights to help ease the adjustment into your new life, tools to deal with the unique challenges you're faced with and realize that you're not alone.

With wit and humor, Tanya Arler will reveal how attitudes and expectations help or hinder adjustment, offer new perspective on how to rebuild your identity, and share indispensable wisdom for managing what she calls 'the bumps in the road'.

*Tanya Arler is a seasoned expat spouse, mindset coach & speaker, 3<sup>rd</sup> culture kid, and author of the book UNPACK – a guide to life as an expat spouse.*





*A HAPPY EXPAT SPOUSE – expectation vs reality* is a 45-minute talk coupled with a Q&A and exchange (generally 45 minutes) but can be adapted to fit any format.

The talk specifically targets accompanying spouses seeking insight into the personal challenges they face, unique to their situation. It offers guidance on how to better transition into their new life, support their families, and make the most of their experience.

The pain points addressed that are unique to expat spouses include:

- Loss of identity
- Feeling inadequate - as they believe this should all be easier
- A sense of feeling lost or alone - 'it's easy for everyone else'
- Frustration (anger, sadness) - unmet expectations and perceived inefficiencies in the new culture.
- ...

This talk is NOT country specific by design. Unlike many expat spouse events, this talk addresses underlying challenges unique to expats regardless of where they live in the world and regardless of how many times they have moved.

My aim is to help expat spouses cope with the staggering change, rebuild an identity in their new home, and learn to see their host country through a different lens.

The insights and tools offered serve practical and everyday challenges that will benefit the spouses immediately, helping them better maneuver the obstacles they encounter.

I am a dual national, American-Belgian, and TCK myself. I chose to take a 1-year sabbatical from my corporate job to move to Italy with my husband over 20 years ago. I never returned to full-time employment. Instead, I took training and started my own personal development company. I am a coach, speaker and trainer, focusing on mindset, self-empowerment and creating change.

Throughout many moves, as a mother of 2 children, now young adults, I have faced different challenges which each of them, and with each move.

I have lived in the US, Belgium (3 times), Italy, Sweden, Tokyo and Singapore (twice).

I have been delivering my expat talk for over 9 years and in 2017 published *UNPACK – A guide to life as an expat spouse*.