

Preparation for joint departure

Group training

Services
2026

- Individual or couple program
- 4 hours individually, 8 hours collectively
- In person or remotely

Prerequisites

This group program is intended for spouses, in the 4 months before or after their departure.

> “I feel much better equipped to arrive in Dubai and experience this expatriation in the best possible conditions” - **Lucie, Mexico**
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> “I was able to put actions in place before this departure, today I have real ideas to ensure our departure goes as well as possible”
> **- Cécile, Singapore**

Target audience

Spouses of employees going on expatriation (for the first time or as part of a new expatriation) who wish to be involved in their expatriation and build their own project.

If you have a disability or specific needs, please contact Alix Carnot, our Disability Advisor, by email: alix.carnot@expatcommunication.com

Educational objectives

- Discover or rediscover the facets and challenges of expatriation.
- Develop your personal project (objectives and action plan).
- Identify the challenges and issues related to installation and integration using the tools and exercises provided
- Identify your strengths and areas of vigilance and the keys to successful adaptation in a different cultural context.
- Analyze and research solutions: ideas, practical information and contacts, based on your personality, family, place of expatriation and living conditions.
- Use the training to define a personal plan during expatriation, find ideas, contacts and useful information and develop an action plan

Tools and working methods

The work alternates between discussions, personal questioning, educational tools, filmed testimonies and practical advice.

- Cards
- Bibliography
- Gapsmoov intercultural platform with its culture decoder.
- Use of images and videos.

Gapsmoov intercultural platform with its culture decoder.

Access to our digital platform*

*Expat Communication Coach Academy: secure remote coaching space, including videos, tutorials and a shared workspace with the coach

Process

Preparation
Direct connection of the participant by the company with the Expat Communication contact

Connecting the participant with the trainer coach

Preliminary interview to define the participant's expectations

Planning and organization of coaching

Implementation of the training

Reflection, discussions and practical exercises

Sending the assessment form to the company

Service available in 10 languages

Our coaches-experts

The experts at Expat Communication's Coach Academy are selected, trained, certified, and supervised following a multi-month program. They receive ongoing training and work as part of a team. This is our main guarantee for the quality of our programs.

Club Expat Premium

In addition, the participant has access to the Premium Expat Club, an essential resource center for developing leadership in international mobility and maintaining work-life balance.

Expertise

More than 25 years of expertise in international mobility through the personal experience of our coaches and colleagues, the publications of our Expat Lab and the surveys of our Expat Communication Barometer.

Expat Community

Mutual assistance from a community of more than 40,000 expatriates in the networks run by Expat Communication.

Key Figures

99%	40	1338	1696
Participants who have benefited from our programs recommend them	expert coaches of 8 nationalities spread across 20 countries	number of hours of training completed in 2024	talents benefited from a program at Expat Communication in 2024

Training location: 6, rue d'Uzès 75002 Paris (Grands Boulevards Metro, line 8 or 9) or remotely Price: contact us
Registration: Beatrice Moulet Jullien - beatrice.moulet.jullien@expatcommunication.com - T: +33 6 67 81 77 52