

Successfully returning from expatriation

Services **2026**

Expatriate spouse and couple

- Individual program
- 4 hours individually
- In person or remotely

Prerequisites

This individual program is intended for spouses, in the 4 months preceding or following their return to France (or to their country of origin).

> “Returning to professional life after two and a half years of inactivity is not easy, hence the need to put into words the experience and feelings of expatriation.”
> **Sarah, back in France**

> “After 4 years of expatriation, it was as if I was rediscovering French culture. This coaching allowed me to get back on track.”
> **Pauline, back in France**

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

1. Build confidence by reviewing the experience lived abroad and highlighting the benefits of expatriation.
2. Identify and enrich the support points for a successful return.
3. Analyze and research solutions: ideas, practical information and contacts.
4. Develop your action plan based on your personal project.

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