

Relocating to the UK: Spouse Coaching & Support	
Duration	3 hours
Objective	To assist the spouse in her pre-departure preparation by providing targeted information and an opportunity to openly raise any concerns or doubts she might have, thereby facilitating the transition and ensuring a successful assignment in the long-term.
Content	<p>Introduction to some of the key issues of cultural awareness and discussion</p> <p>The relocating spouse:</p> <ul style="list-style-type: none"> • culture shock from a spouse perspective • the 'trailing spouse' • settling in /advice for coping • culture shock from a spouse perspective <p>Women in the UK:</p> <ul style="list-style-type: none"> • attitudes to women • the role of wife and mother in the UK - perceptions and expectations <p>UK infrastructure + destination city:</p> <ul style="list-style-type: none"> • the health system, with specific advice on childcare, registering with GPs, dentists, etc. • education - preparation of children from nursery through to college • outlets/opportunities for children • career opportunities - professional and voluntary • support networks/organisations for expatriate wives
Conclusion	<p>Question & Answer session</p> <ul style="list-style-type: none"> • This crucial session - conducted in an open forum - will allow spouses the opportunity to raise matters and ask questions that are relevant to their specific situations
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