



OVERCOMING EMOTIONAL CHALLENGES AFTER RELOCATION

This mini eCourse series consists of 5 pre-recorded lessons where I tell you how you can approach the following topics using effective mindfulness tools. These tools are so simple that you can start implementing them today!

- 1. Overcoming loneliness*
- 2. Finding your Purpose*
- 3. Regaining your confidence*
- 4. Re-inventing yourself abroad*
- 5. Relationships/Communication barriers*

You will also have, in each lesson, downloadable worksheets and exercises, audio meditations, lists of resources to strengthen your practice, access to our Mindful Expat Community and much more!

SO STAY TUNED FOR RELEASE DATE!

**Contact me with any questions at:
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