



Designing your life and work in the United States

An eight-week course offered by the Berkeley Spouses and Partners Program (BSPP). This course will be a fun and engaging way for spouses and partners to learn information and tools to build a successful life in the United States. Participants will learn to understand American values, build skills and confidence to respond to culture shock and develop stronger coping strategies for the stresses of being here. They will also receive tips on best networking practices, learn about volunteering opportunities and rebuild their sense of identity in this new land. This is a unique opportunity to come together with other people going through a similar experience, learn from and share with each other, and take active steps toward creating a more fulfilling life here.

This course is limited to **20** participants. If you are interested in participating, please contact the BSPP at vspa@berkeley.edu

Course Dates

Dates	Time	Location
March 21, 28	10:30AM — 1:00PM	International House at UC Berkeley, <i>Home Room</i>
April 4, 11, 18	(Lunch included)	2299 Piedmont Avenue, Berkeley
May 2, 9, 16		

Presenter, *Rita Brown*



Rita Brown's personal, academic, and professional backgrounds are the foundations for her intercultural training and coaching practices.

Works with executives and spouses/partners going through international transitions.

Born in Salvador, Brazil, lived in North America and Europe.

Worked in 8 countries.

Traveled extensively, experiencing cultures on five continents.

Has trained dozens of senior executives, managers, and spouses/partners from over 20 Global 2000 companies in a variety of industries.

Master's degree is in Social Justice in Intercultural Relations.

Certified Integral Master Coach through Integral Coaching Canada.

Member of SIETAR USA – the Society for Intercultural Education, Training and Research.

Member of IfGIC – Institute for Global Integral Competence, Germany.

Fluent in English and Portuguese with conversational Spanish.

More on Rita's Course

Expatriate Coaching Programs

- Do you speak English, but want more confidence expressing yourself?
- Are you facing unforeseen challenges while adjusting to American culture?
- Do you have a working visa, but feel overwhelmed around finding a job?
- Are you confused about being your authentic self while respecting American values?
- Are you facing social isolation and would like to feel part of a community?
- Did you come to Berkeley to support your partner and now find it challenging to reinvent yourself?

Facing uncertainty is an inherent part of life and this gets intensified when you move to a foreign country. Coaching can help you develop capacities to achieve your personal and professional goals.

In this coaching program you will meet regularly with a coach and engage in daily practices designed to address any topic you want to focus on. For example: reduce stress, improve your ability to deal with uncertainty, strengthen your capacity to manage culture shock, build your confidence to get a job, etc.

Schedule a free 20-minute information session with Rita to find out if this coaching program is for you.

Participant Testimonials

"I was really excited to learn about cultural differences and many communication tips in your class. I believe I can enjoy my life in the US!"
~ **Course participant from Japan**

"This 8-week course has been an interesting way to know American culture and values, and also a nice way to connect to my self-knowledge."
~ **Course participant from Spain**

"At the end of my five months of sessions with Rita, I was a changed person. I had found free-lance work, made peace, and eventually come to love living in Amsterdam, bad weather and all."
~ **Vietnamese, spouse and mother living in The Netherlands**

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