

ABOUT ME

I am a South African Industrial-Organisational Psychologist specialized in Cultural Intelligence and the intercultural adjustment/career development of women. I have been living in The Netherlands since 2009 and have been working as a trainer, consultant, coach and lecturer in various international contexts for the past seventeen years.



Riana Schreuders
Cross Cultural Solutions

WORKSHOP PROPOSAL

Grow where you are planted: Thriving instead of Surviving in the Netherlands



Moving to another country can be quite a logistical challenge. Oftentimes the practicalities of life, like finding housing, opening a bank account or settling kids in school can consume all of one's time; leaving little energy and resources for self-care and reflection.

Researchers have found that women tend to construct their identities through social connections, relationships and friendships. When you first arrive in a new country, you have to start re-building your connections locally, without the backup of connections 'back home'. This can lead to a major sense of disconnect and identity crisis which can be further enhanced by the stress of not understanding the local culture or language. Cultural Intelligence, social support and openness to reinvention are critical ingredients for thriving in a new culture. This interactive workshop will help you discover your own unique set of cultural values that define the frame through which you view the world and provide you with insight into navigating your way through culture shock.

BACKGROUND

There is an increasing number of people from different nationalities moving to the Netherlands from various countries. This migration stream is partly a response to the favourable employment conditions for highly skilled migrants and expatriates, and partly due to macro-economic factors.

Crossroads International Church is a melting pot of cultural backgrounds within a community that is becoming increasingly diverse. Through women's coffee mornings, the church is trying to create a safe space for women, especially mothers with young children, who are new in the Netherlands and are in need of support in the integration and adjustment process.

Based on my own lived experience and findings from helping women adjust in the Netherlands, this workshop strives to provide a voice to this group of women and a language for framing their experiences in order to ease their integration process in the Netherlands.

PROGRAMME OUTLINE

Duration: 2 Hours

- What is Cultural Intelligence?
- Understanding Culture Shock and how to handle it
- A framework for understanding cultural value
- Redefining yourself - back to the drawing board
- Final Reflections and Questions

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