

6

ESSENTIAL ACTION STEPS TO RE-ENTER THE WORKFORCE

**A STEP-BY-STEP GUIDE
TO GET YOU STARTED**

**Share
the Love**

empowering expat partners

Welcome to the SharetheLove community!

Moving abroad with the aim of continuing one's profession in a foreign country is not always easy.

You might already know how to continue your career abroad, and you approach the adventure expatriation with confidence and euphoria. Moving abroad is exciting, and you will most certainly be busy establishing a new home abroad and exploring the new place.

However, there are often unforeseen developments. A delayed work permit, unexpected challenges to fit into the local job market, the sudden question of whether continuing your former career is even still the plan. Expatriation is changing our lives on so many levels. Most of my clients aimed to continue their path abroad linearly but struggled to do so and ended up finding happiness and fulfillment in a totally unexpected direction after our coaching sessions.

The same is valid for the other way round. Moving back to your home country or re-entering the workforce after extended maternity leave is a project that needs reflection, an eye for detail, and the willingness to step outside your comfort zone. In case you feel overwhelmed with the process of identifying your potential options and are uncertain about your career gap, and competencies do not worry. I am here to help, and this free guidebook with the essential 6 action steps is a great place to start.

I will help you make yourself a priority again, gain clarity on your next steps, and effectively communicate your strengths. You will rediscover a sense of purpose, get more confidence about your professional identity and feel ready to re-enter the workforce with a career aligned with your global family life.



The 6 action steps

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Define the WHAT

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Search for your tribe

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Do your homework

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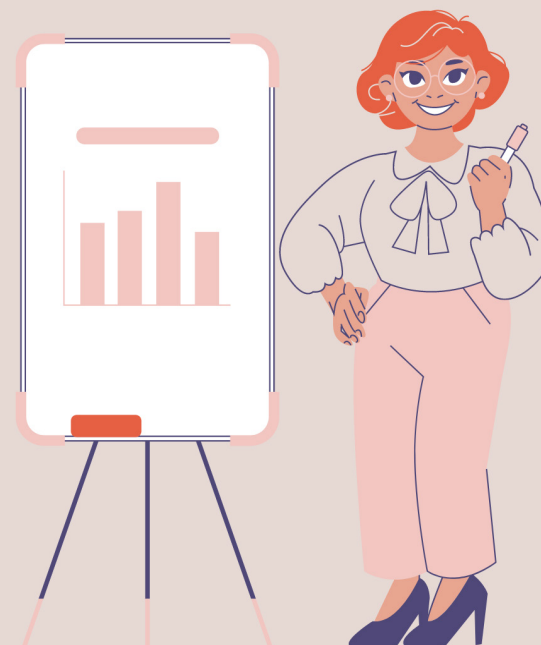
Prepare your elevator pitch

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Get your papers ready

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Go network



1

Define the WHAT

Having clarity about what you want to implement professionally abroad (or after returning) sounds like an empty phrase.

Many women have great clarity about what they want to do as they usually want to continue or resume what they used to do. However, numbers of employment prove this wrong. From my vast experience with expats and expat partners, I can share that it is most likely that your Plan A will not work out, and that might not have to be a bad thing!

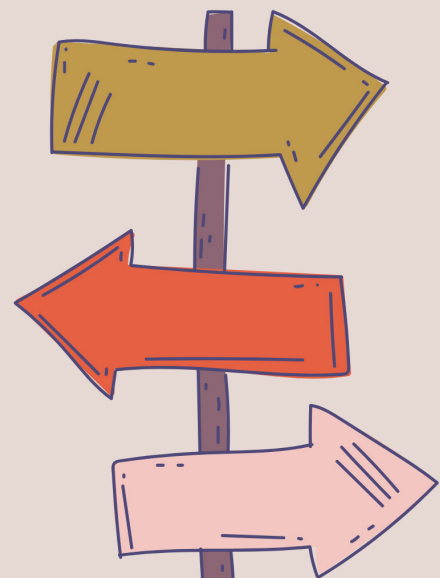
Getting clarity about possible alternatives is of great value in this adventure! Rarely do we have the opportunity to set a new course in this time of our lives, and it is essential to think about your motivation, skills, and interests. You are well-educated, have already gained some work experience, and are much more aware of your personality and core strengths than you were ten years ago. Make use of that and invest time and energy today to allow the big questions to the table:

- *If everything is possible, what path sounds most intriguing?*
- *What are your values for life, and how are they reflected in your current lifestyle?*
- *Looking back at your experience so far, what have been the professional moments you felt most aligned with your values?*

It is essential that you permit yourself to think outside the box. Allow yourself to reflect on all potential paths and not only the ones that sound most familiar to you.

We do not tend to do this by default. That's why I always use many reflection exercises in my coaching sessions, and it's always great to see how their insights shape the way ahead.

Take the time to explore the WHAT before you write your resume. Consider all possibilities. Often it requires an independent person who does not come from your environment because our environment tends to mirror what we have always communicated.



2

Search for your tribe

Before you send out your first application or update your resume, I recommend investing your energy in building a support network. Look for people with whom you can exchange ideas, who understand you and can understand your unique situation. The exchange will help you later to cope with setbacks and to motivate you to go new ways. The expat journey is wonderfully exciting and enriching, but unfortunately also sometimes lonely. Your best friend at home often can't quite understand what's bothering you.

Finding your identity abroad has to be experienced to be understood.

There is immense power in the exchange with others. It is not for nothing that my group coaching programs are so high in demand. It provides space for coaching and career advice, but it also builds a beautiful support network that you maintain long after the last Mastermind session. If you want to know more about the upcoming groups, you will find all the information on sharethelove.blog [here](#).



3

Do your homework

Posting companies often provide cultural training. However, companies often overlook that you are interested, curious, and intrinsically motivated, and quick to acquire information on your own. The internet allows you to access all the data yourself, and so many take research into cultural differences and the job market into their own hands. I recommend that you not just rely on reading information but also find direct contact with people on the ground. Reach out and get first-hand information on:

- What is the job market like?
- What does a typical application process look like?
- What soft skills are more critical than in your home country?
- Where do people look for jobs?

Gather information that will help you to assess the application process correctly. In that way, you can get a feeling for the complexity ahead and change your personal approach.

Don't want to do it all by yourself? I am happy to help. Send me a message, and we can talk about how I can support you!

4

Prepare your elevator pitch

Do you have an appropriate phrase ready to introduce yourself to a new group? Do you know how to introduce yourself at networking events right away? Are you clear about what makes you unique, your strengths, and what you want to communicate?

If you are not yet ready or feel uncomfortable, today is a good day to start. If we can't be associated with a specific profession, it is often difficult for others to grasp us and understand what we do and where we want to go.

In addition, you may not know this yourself because you are in transition. Being in tune with your own vision is extremely important to see and tackle opportunities abroad.

In my [ebooks](#) and coaching, I stress this topic very much. It is the result of extensive reflection. When you are 100% confident and happy about your elevator pitch, something will shift in how you portray yourself to the outside world. Opportunities will arise from that, and your surrounding will notice that you are ready to take action.



5

Get your papers ready

After you've put time and energy into reflection and mental preparation, it's now time to prepare for the application process and get your paperwork up to date.

Is your LinkedIn profile up to date?

Is your CV updated (including your elevator pitch)?

Do you have certificates and references ready to hand?

Organize yourself so that you can send out many applications without too much effort. Design different CVs and cover letters depending on the industry and position and use your social channels to position yourself. This is a more considerable effort, but it sets the base for your application phase. Take in mind that this process is often longer than expected. The more time and energy you invest in the beginning, the more you will benefit from it. However, inevitably you most likely receive many rejections, and your motivation and mood may suffer.

In that situation, please consider:

- ***It is not personal***
- ***It is part of the process***
- ***It is up to you to follow up***
- ***The right position is yet to come***

If you are applying after a long career break, you will find lots of information on my website. Check out [this post here](#), or contact me directly for further support.



6

Go network

Today, most jobs are placed through the internal network. Classic job advertisements are often only published pro forma, although the position has already been filled internally. Networking is more important than ever – especially if you are not in your home country and do not yet have an existing network to fall back on.

So much initiative is needed here, and it's up to you to take the first step. Networking can take a lot of energy – especially if you are not a person who is comfortable in social moments. For many, it means stepping out of your comfort zone. It becomes easier to set a routine and clearly envision the message you want to communicate to the outside world. Networking doesn't just happen in person in public spaces, either. Networking on LinkedIn from your home laptop is also real networking. Provided you use it properly and work on an active exchange instead of just increasing the number of your contacts. Networking only has value if you get involved and take an active part. But then, from my experience, it has the most significant leverage for success!

So before you head to the next job portal and invest time and energy in sending out yet another resume, here is the 3 step process I recommend to you:

- ***Define what you really want***
- ***Learn to communicate that in an organic elevator pitch***
- ***Go public with your message by taking part in industry events, networking events, and digitally***





Wherever you are in your journey, these 6 Action Steps will help you get a foothold abroad or re-enter the job market after a long break. It's a process that requires some reflection and energy. It can also be a lonely journey, and I advise you not to go it alone. Find a partner who knows how you feel in this situation, with whom you can exchange ideas, and who will support you in your next steps. This can be a friend, a family member, or an expert in the global mobility industry.

Take your next steps:

[Download your Career Workbook for Expat Partners](#)

[Book a 1:1 Coaching packages](#)

[Join a Mastermind Group Coaching Program](#)

[Join a Global Coffee Date](#)

***I am here to support you in your journey!
Reach out via info@sharethelove.blog and schedule a free assessment call***

About me: Kate von Knobloch

I am a certified coach with a focus on Expat Partner Career Support. Originally from Germany, I have lived and worked in the UK, Spain, Taiwan, and the US. With my coaching services and publications on my website sharethelove.blog, I empower and support women worldwide who have been brave enough to exit the job market and try to re-enter abroad or after time spent abroad and/or with their family.

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With a background in Digital Marketing & Consulting, I started my career as an Expat Transition Coach after my personal experience as the Expat Partner. Expatriation can be a blessing or a disaster. It is my goal to turn expatriation into an eye-opening and empowering experience for Expat Partners worldwide.

SharetheLove Services

SharetheLove offers many services related to expat support. Starting from weekly free networking rounds to intensive group coaching sessions. Many clients are expatriates themselves or have recently returned. They are wondering what their next career steps might be and are looking for support. They find this not only through me in the person of a certified coach but also through the sense of community. They get to know other expats and their stories, worries and fears and realize that they are not alone with this rather different and at first glance not very stringent resume. They gain new courage and clarity about their next steps. The outcome varies depending on the client. Some return to their old profession, others change industries or start a new education. Change is a constant companion of expatriates and so coaching offers a structure, a constant and support during this time.

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[1:1 Coaching packages](#)

[Mastermind Group Coachings](#)

[Global Coffee Date](#)