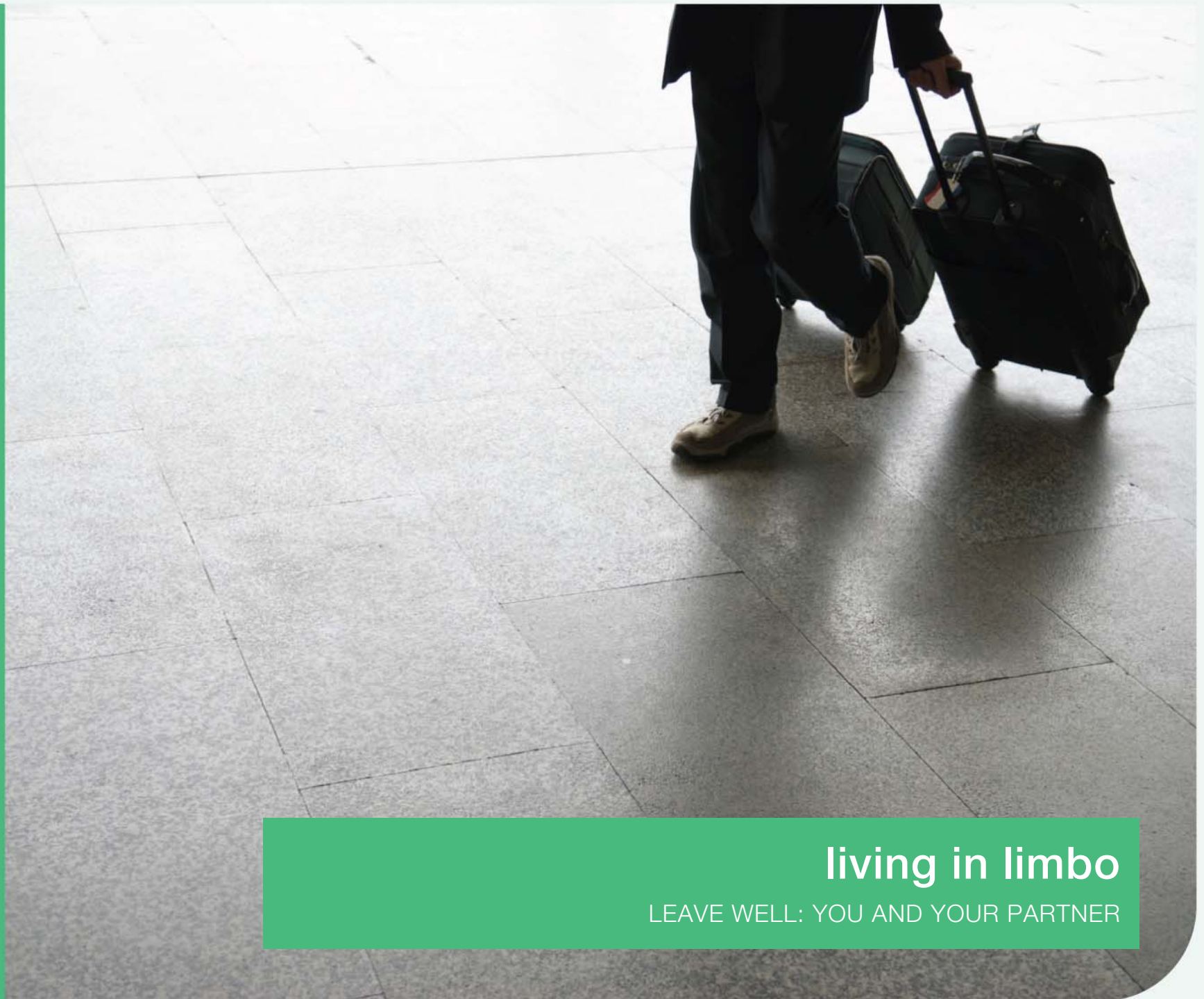




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**living in limbo**

LEAVE WELL: YOU AND YOUR PARTNER



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## OBJECTIVES

By the end of this module you will have:

- considered living in uncertainty and the impact it has on you
- developed strategies to manage the stress of uncertainty
- learnt techniques to focus on the present



## LIVING IN LIMBO

Are you stuck waiting for a decision to be made about your future plans? Are you waiting for visas or approval to be given before your move can get underway? Perhaps you are uncertain about how long this will continue or what you will do when a decision is made.

Uncertainty of future plans creates its own set of challenges. Without a known direction for the future it is difficult to make decisions on a number of issues, including work opportunities, education, renovations to the house or future career decisions. This may create tension, indecision and insecurity. People often speak of a feeling of living in limbo and being stuck.

This can be more difficult for some personalities than others. Some people enjoy spontaneity and the opportunity to be flexible about plans, while others prefer the security of knowing the details of a plan and being organised to achieve it.

What do you prefer? If you prefer having definite plans, schedules and knowing the details for your travel then this will be a more difficult time for you.



It will be important for you to use your de-stressing tools, which we talk about in **Hit the Ground Running – Well-being**, as these tools will enable you to manage uncertainty and any stress it may cause.





Learning to live in the present by using mindfulness techniques can also help you to focus on the now, rather than thinking and worrying about the future. Take some time each day to focus on your surroundings by observing and appreciating the beauty, colours and light around you. Use savouring techniques to enjoy special moments noting tastes, sounds and feelings in the experience of everyday life.

Schedule special times with friends and family. In these times try to avoid discussion of your uncertainties and instead focus on enjoying the company of special people in your life or on doing something for others.



Have some fall back plans or back up plans to create a sense of certainty, even if those plans are around holidays or things that will happen if your overseas move does not take place.

*Are you the more flexible spontaneous type or the more organised and structured type?*

*What are your coping mechanisms / de-stressing tools?*

*How are your thoughts about this situation impacting on your management of uncertainty?*

*Note your thought patterns and ask yourself if those thoughts are helpful or unhelpful.*



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CLICK ON A STAGE BELOW TO ACCESS FURTHER RESOURCES



LEAVE WELL



HIT THE GROUND  
RUNNING



THRIVE IN TOUGH  
TIMES



BUILD A FLOURISHING  
LIFE



RETURN HOME OR  
MOVE ON



JOURNAL

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### TRISHA CARTER - CULTURAL INTELLIGENCE COLLECTIVE

*Trisha Carter is an Intercultural Specialist, helping people from different cultures work effectively together. As an Organisational Psychologist she coaches, trains and counsels you and your team to work well and live well in another culture and manage the challenges of communicating, managing people and adapting. Her previous business, TransCulturalCareers, provided training to expatriates and their families, multi-cultural teams and global business executives for over 10 years. Her new initiative, Cultural Intelligence Collective, provides extensive cultural adaptation resources.*

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