

"Get the wheel turning & Enjoy the ride!"

Workshop / Cycle / Programme

"At the end of this cycle you will have your very own giant's ferris wheel in your hand - your personal masterplan for thriving as an expat spouse in Vienna/Austria"



STEP 1: Be(coming) an/Entering the expat spouse world

"Even if you have been an expat spouse (in Vienna/Austria) for a while, it's good to know where you are standing before starting a new venture!"

FOCUS: status quo, roles, getting ready for take off

- Adapting to lifestyle and everyday challenges when living abroad
- Decoding your emotions and situating yourself in the transition process
- Defining (being) an expat spouse (term, facts/figures...in general and for you)
 - What does it mean to be an expat spouse - financial, legal etc.
- Answers you might want to ask before ("don't worry, it's never too late to ask")

STEP 2: Designing your personal expat spouse journey



"Every expat spouse journey is unique. Whether you have already picked your favourite cabin or „going all in“ Vienna/Austria, let's get started with an action plan!"

FOCUS: tools, self-reflection, expectations vs. reality

- Giving yourself the tools to adapt
- Defining your goals and your personal brand (strengths, weaknesses, identity, roles)
 - Designing your "life" plan - expectations versus reality
 - Reality checks: Visa, Work permits etc.



STEP 3: Getting ready for take-off as an expat spouse

*"Congratulations - you have designed your very own giants ferry wheel plan.
Now it's time to get the wheel turning!"*

FOCUS: "story-telling", self-marketing

- Optimize your tools (story, CV, Personal Identity)
- Networking - Social Media, LinkedIn etc.

...all about „classic“ job search in Austria AND/OR discovering alternatives...

- launching and optimizing your job search
 - Overview - Austrian job market / platforms
 - Mastering a job interview
 - Making informed choices
- Writing your expat spouse story
 - Networking/Networks/Opportunities
 - Overview „Alternatives“ incl. Starting your own business, Volunteering..

What`s the next move?

Simply send us an email to office@vie-lesa.org to start your journey

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Infos on VIE LESA´s Workshop / Cycle / Programme

VIE LESA has designed its workshop/cycle/programme in cooperation with experienced trainers, expat (spouse) coaches and psychologists. Each expat spouse journey and the challenges that come with it are highly individual, yet there are great opportunities to learn from each other and share our experiences. Thus, the cycle contains a tailored mix of individual „sessions“ (online testing, one-on-one coaching, worksheets...), Expert talks („matching dreams with reality“ – we invite experts to share facts and figures) and group training sessions.

Costs: VIE LESA, a non-profit organisation (gemeinnütziger Verein), will provide the platform to promote the workshop cycle, will organise time and venue (if applicable), and also collect feedback from participants to ensure its quality standards. The „sessions“ itself will be offered through carefully selected service providers. Any fees are to be agreed on between and paid directly from the participant to the service provider. **VIE LESA members get a 10% discount on each paid „session“.**

After completion of the programme, VIE LESA is happy to welcome you to an „alumni“ group to continue exchanging ideas, sharing success stories, motivating each other, learning from each other and "bonus"-networking.

VIE LESA (Vienna Local Expatriates Spouse Association / Verein für Angehörige von Expatriates) is set up as a gemeinnütziger Verein (non-profit association), ZVR: 1642493427, email: office@vie-lesa.org