

STRONG FINISH



A VIDEO COURSE FOR **INTERNATIONAL SCHOOL TEAMS** WHO WANT
TO END THE 2019-20 SCHOOL YEAR WELL **DESPITE COVID19**

guide**book**

EXPAT UP
Life abroad. Better.

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guidebook sample

This is a sample version of the STRONG FINISH 2020 guidebook including the introduction and the corresponding notes for the **first three sessions**.

The full version includes 29 pages of simple tools that are explained in the videos and will help you build your personal, strategic plan for a strong finish to the 2019-20 school year.

Thank you so much for purchasing the **STRONG FINISH 2020** video course.

Let's be honest — we didn't want this. This is NOT how a school year is supposed to end. You, your team, and the students you love have taken a big hit.

But it's not over yet.

There are still some great connections to be made, some wonderful relationships to be nurtured, and some incredible memories just waiting to be formed.

If you will commit to walking through the process outlined in this course you will be set up not only to salvage from the loss, but to build some incredible memories that you would have otherwise missed.

Here we go.

Buckle up for a **STRONG FINISH.**

INTRODUCTION

HOW THIS COURSE WORKS

This course is split into 12 intentionally short video sessions covering various elements of a strong finish.

Each session has an accompanying PDF guide.

Super simple.

- Choose the most relevant sessions.
- Watch the video.
- Download the PDF.
- Spend some time with it.

TWO KEY CONCEPTS

These two ideas are at the core of the entire course. Keep them in mind each time you work through a session.

1. $< = > 0$. LESS IS MORE THAN NOTHING

You are losing something because of COVID19. We all are. The whole world is. You've been robbed of time, connection, routine, stability and so much more. BUT less is more than nothing. There are still good things. Go get them.

2. B minus

Time is short and perfection may not be an option. It is far more important to NOT miss this opportunity than it is to get it just right. Shoot for B minus and move forward.

PICK & CHOOSE

Please feel free to absorb and process all of the content. It is specifically designed to offer something relevant to everyone on an international school team regardless of whether you are leaving or not. However, your time is valuable and if you find yourself crunched, use this list to choose the sessions that are MOST relevant to you and your situation.

GETTING STARTED

Please don't skip these first two sessions. They are foundational to the rest of the content and designed for all participants.



Session 1: GET REAL

This session lays the foundation for your process.



Session 2: MAKE A CHOICE

This session charts the course for what comes next.

YOUR PEOPLE



Session 3: STRONG COMMUNITY

Community is that thing we all love (and sometimes hate) about expat life. COVID has attacked our expat communities so it must look different. This session covers how to maintain community in the context of quarantines and social distancing.



Session 4: BROKEN RELATIONSHIPS

This session focuses on the vital importance of reconciling strained and broken relationships. Highly recommended, especially if you are finishing your expat assignment or have a strained relationship with someone who is.



Session 5: BEAUTIFUL RELATIONSHIPS

This session walks you through a process that will take your strongest connections to the next level.



Session 6: CONNECTING WITH STUDENTS

The students that you love and have invested in are also experiencing loss and chaos. This session covers how you can offer support and make an impact, even from far away.



Session 7: LOOKING BACK

Especially for (but not restricted to) leaving team members, this session focuses on looking back at your experience, honoring your host country, and getting the most out of this life-changing experience.

YOURSELF



Session 8: DEALING WITH FEAR

The uncertainty created by COVID naturally generates fear. This session focuses on what to do when those fears creep in and how not to let them dictate what happens next.



Session 9: DEALING WITH GRIEF

Grief comes with loss. It just does. This session focuses on reframing grief as a good thing and walking through the process in a healthy way that will lead to a stronger outcome on the other side.



Session 10: FINDING YOUR LANE

Sudden chaos creates role confusion. People look to the wrong sources for support and others take on responsibility that doesn't belong to them. This session will help you find your lane and stay in it.



Session 11: GETTING PRACTICAL

This session will help you think through and plan for the practical challenges that COVID has added to your daily life, your return to work, or your move to whatever is next.

Session 12: WHAT'S NEXT?

This session focuses on looking forward. With clarity and insight, chart your course for what life will look like after the Corona haze has lifted.

SESSION 1

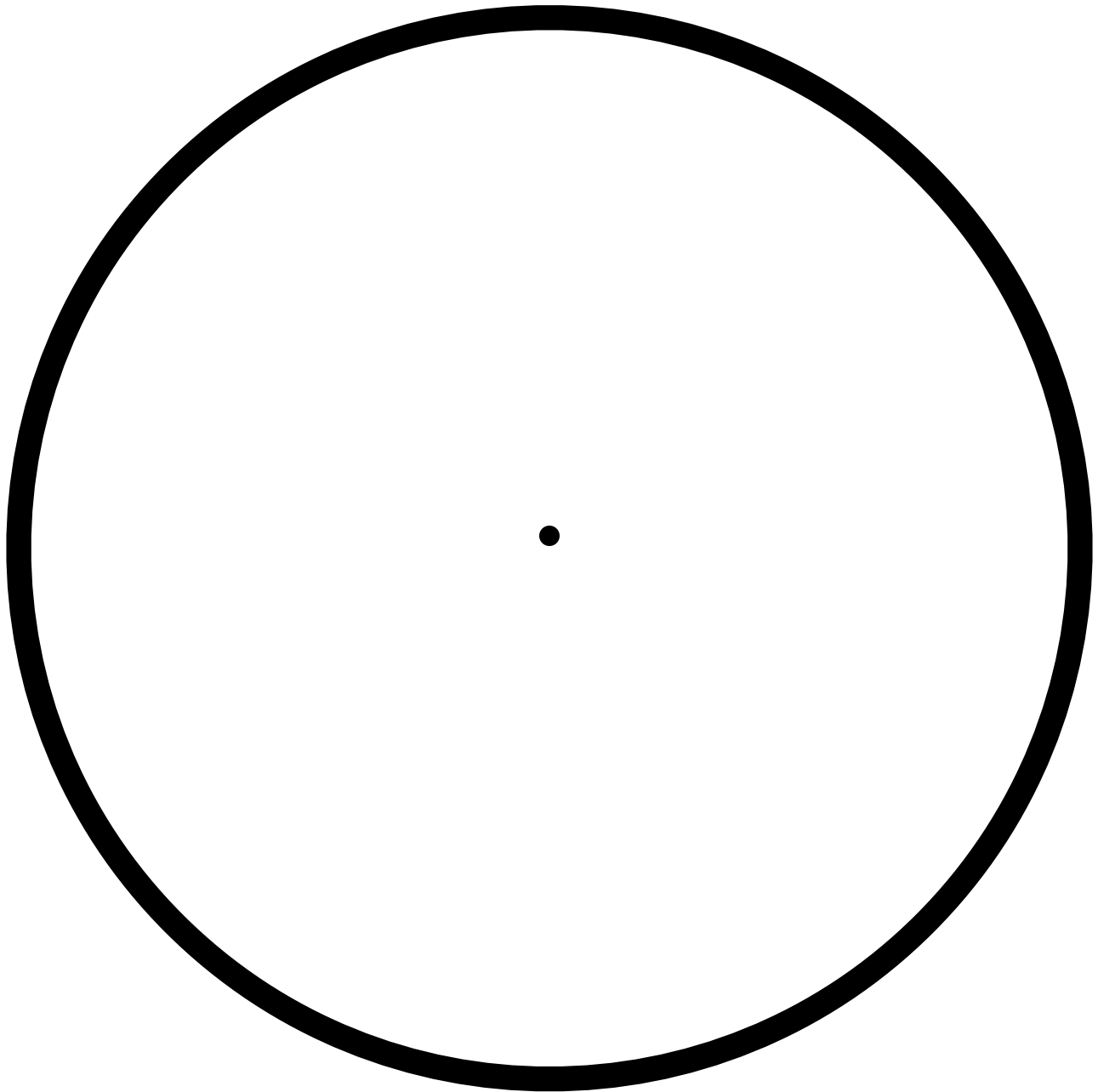
GET REAL

WHAT WOULD THE IDEAL END TO THIS SCHOOL YEAR LOOK LIKE?

Make a list of everything that would be a part of that.

FIND YOUR RED ZONE AND YOUR GREEN ZONE

Identify what your actual losses are.
Identify areas that you can still accomplish.



SESSION 2

MAKE A CHOICE

**WRITE YOUR
STARTING STATEMENT**

COMPLAINING

PROCESSING



Spend time considering where
both of these options will lead.



SESSION 3

STRONG COMMUNITY

What do you love about your
community?

Why?

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Brainstorm

How?

Who?	When?