



# Family dynamic in time of change

ABRA Member Meeting October 4th

Expatriation is seen as...



... but it can feel like



Moving is like crossing an edge



From the known to ...



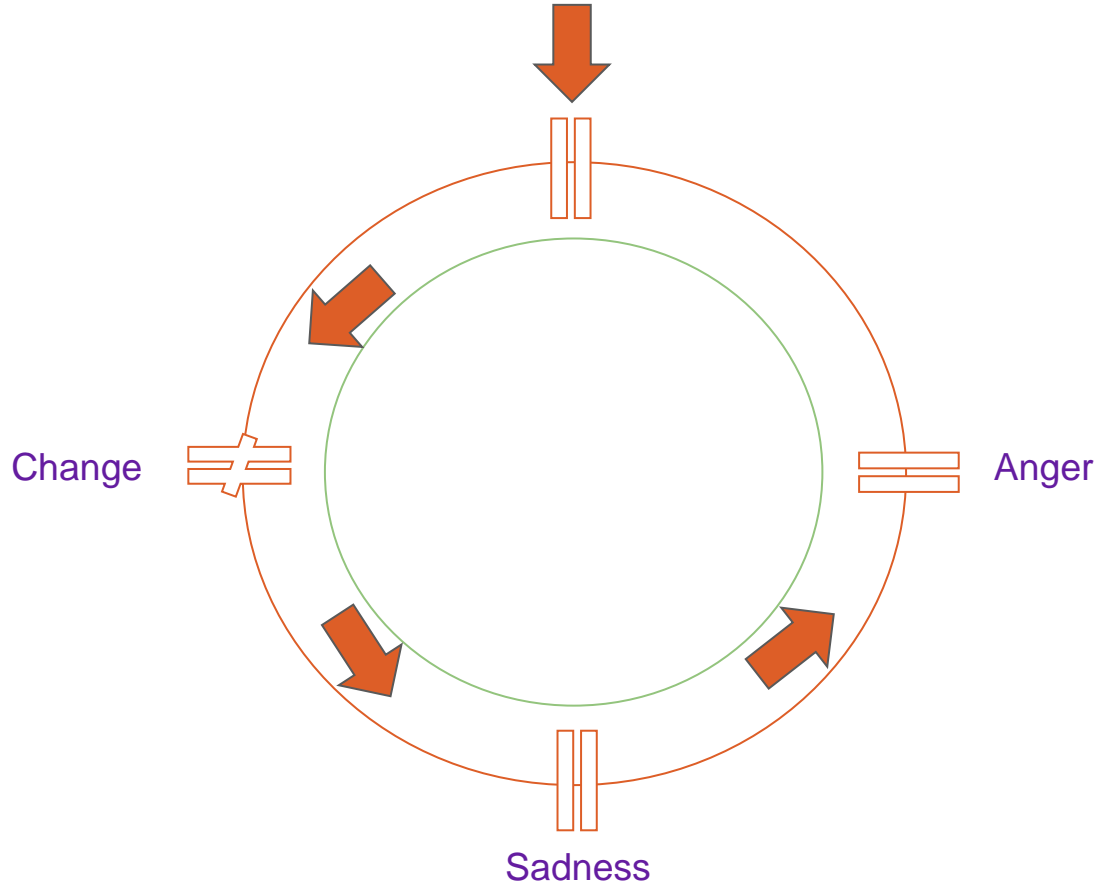
... the unknown



It can create frustration



# How frustration works







BYE

Importance of grieving

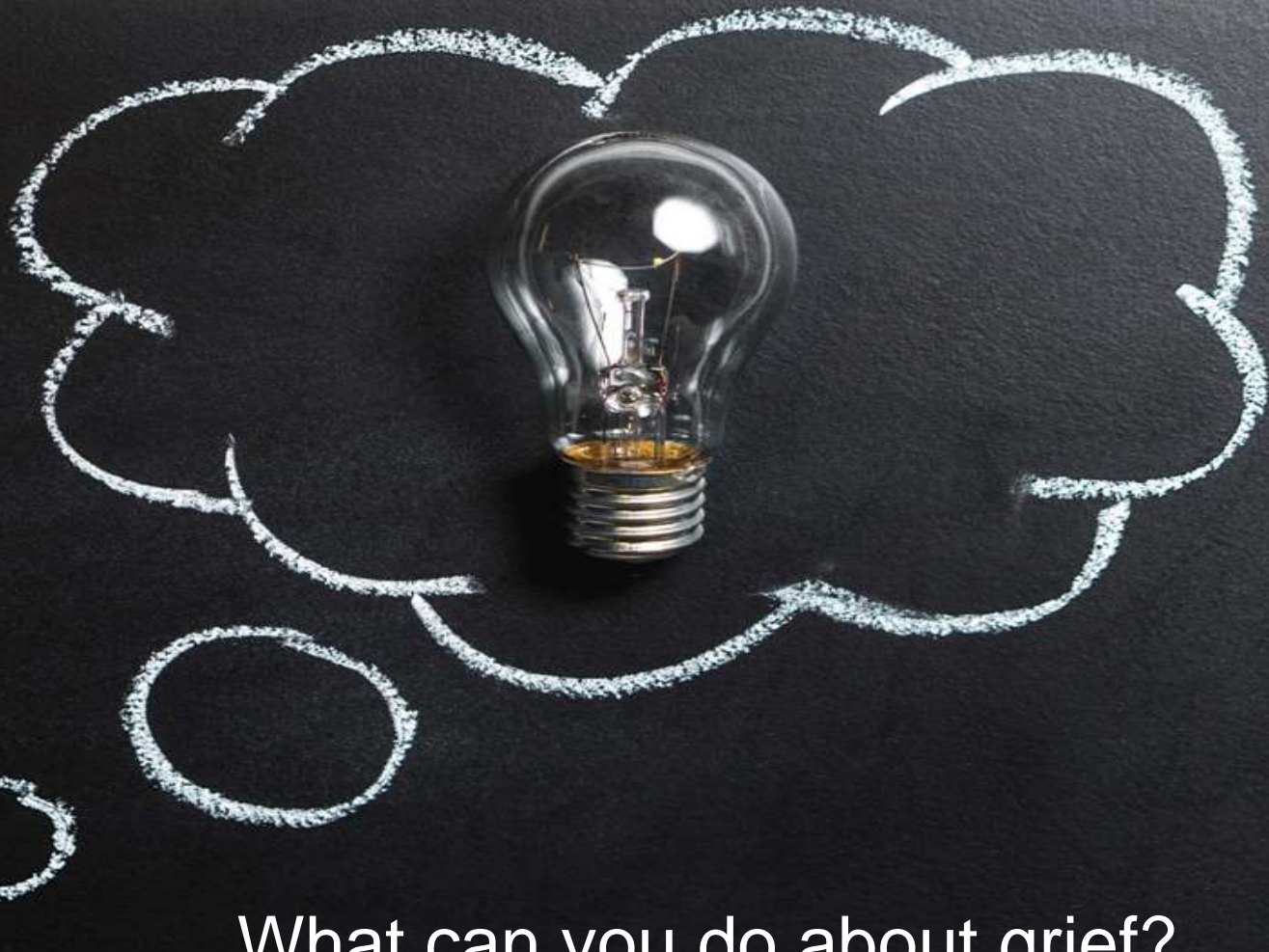


1. Honour what you had
2. Define what to keep
3. Let go of the rest
4. Let the new come

## Parents *role*

- Love
- Continuity
- Relationship
- Leadership





What can you do about grief?

THANK YOU



[sara@familystrategist.com](mailto:sara@familystrategist.com)

[www.family-strategist.com](http://www.family-strategist.com)

[@SaraBigwood](https://www.instagram.com/SaraBigwood)