



# Celebration & Next Steps

ExpatsatHome Essential Guide

## Celebration & Next Steps: Your Journey Continues

Hello and congratulations!

If you're reading this guide, it means you've reached the end of the 30-Day Foundation Course. On behalf of the entire ExpatsatHome.be team, and especially from Laurine, we want to extend our warmest congratulations. **You did it!**

Do you remember how you felt on Day 1? Perhaps a mix of excitement, anxiety, and a touch of being overwhelmed. The journey of an expat is filled with these emotions. But today, you are standing in a different place. You've shown up, done the work, and taken a monumental step toward building a true home here in Belgium. That is no small feat, and you should be incredibly proud.

This guide isn't another lesson. It's a moment to pause, celebrate your achievement, and look with clarity and confidence toward the exciting road ahead.

### The Power of Pausing: Why Celebration Matters

Moving to a new country is a marathon, not a sprint. It's easy to get caught up in the endless to-do list: register at the commune, find a doctor, understand the taxes... We often forget to acknowledge how far we've come.

#### Why is celebrating so important?

- **It reinforces progress:** Acknowledging milestones, big or small, rewires your brain to recognize your own capability and resilience. It turns a feeling of "I have so much left to do" into "Look at how much I've already done."
- **It boosts motivation:** Celebrating a win provides a burst of positive energy that fuels you for the next set of challenges. It prevents burnout and keeps the journey exciting.
- **It creates positive memories:** Your integration journey shouldn't just be a series of bureaucratic hurdles. Consciously creating moments of celebration—even small ones—builds a positive narrative around your new life in Belgium.

#### Your 'Before and After' Reflection

Take a few minutes to complete this exercise. Be honest with yourself and truly appreciate the shift that has occurred over the last 30 days.

- **My biggest worry about living in Belgium on Day 1 was:**

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- A “small win” I experienced during the course that made me feel proud was (e.g., ordering a coffee, understanding a public transport announcement, having a short chat with a neighbour):  
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- Today, my confidence in navigating daily life in Belgium has grown because:  
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## Your Certificate of Achievement

To formally mark this significant accomplishment, we have created an official ExpatsatHome.be Completion Certificate for you. This is more than just a piece of paper; it's a tangible symbol of your dedication.

**What is the Completion Certificate?** It's a beautifully designed, personalized certificate that formally recognizes your successful completion of the 30-Day Foundation Course. It's our way of saying “bravo” and giving you something you can hold onto as a reminder of this important first step in your integration journey.

**Why is it important?** Think of it as your first official “win” in Belgium. It represents the knowledge you've gained, the confidence you've built, and your commitment to creating a fulfilling life here. When you face a challenging day, you can look at it and remember that you are capable and have already overcome so much.

**How to Get Your Certificate** Follow these simple steps to download your certificate:

1. Navigate to the final lesson of the course, “Day 30: Celebration & Next Steps.”
2. Below the main video, locate the “Resources” section.
3. Click on the link titled “**Download Your Official Completion Certificate (PDF)**”.
4. The PDF will open in a new tab. Save it to your computer or device.
5. **That's it!** The certificate is now yours.

 **Tip: Make it real!** Don't just leave your certificate in a folder on your desktop. Print it out! Put it on your fridge, your desk, or even in a frame. Seeing it every day is a powerful motivator. You can also share a photo of it on social media (like LinkedIn) to celebrate your commitment to professional and personal development in your new country.

## What's Next? Charting Your Path Forward

Finishing this course is a beginning, not an end. The foundation is built, and now you get to decide how to build your house upon it. Every expat's journey is unique, and your needs now may be very different from what they were 30 days ago.

There are generally two paths people take from here.

### Path 1: Confident Independent Exploration

For many of you, this course was the springboard you needed. You now have the map, the tools, and the confidence to continue exploring Belgium on your own. This is a fantastic outcome! Your next steps are about deepening your roots and expanding your world.

### Ideas for Your Independent Journey:

- **Language Practice:** Seek out a local “Table de Conversation” at a library or cultural center to practice your French or Dutch in a relaxed setting.
- **Community Involvement:** Join a sports club, a book club, or a volunteer organization related to your interests. This is the fastest way to move from “expat” to “local.”
- **Explore Your Commune:** Go beyond the city center. Spend a weekend exploring the parks, markets, and local shops in your own neighbourhood and the ones surrounding it.
- **Stay Connected:** Continue to use the ExpatsatHome Community Forum to ask questions and share your discoveries with fellow expats.

### Path 2: Personalized Guidance & Deeper Support

For others, finishing the course has brought new, more specific questions to light. Perhaps you’ve mastered the basics, but now you’re facing bigger challenges related to your career, building a deep social circle, or navigating complex personal situations. If you’re thinking, “I need more direct, personalized support,” we have a path for you too.

#### The Free Discovery Call: Your Personal Compass

As a graduate of this course, Laurine offers you a special opportunity: a **free, 15-minute, no-obligation Discovery Call**.

- **What is it?** A relaxed, one-on-one video chat with Laurine. It is absolutely not a sales call. It’s a genuine opportunity to connect, discuss your specific situation, and gain clarity on your next steps.
- **Who is it for?** Anyone who has completed the course and feels they could benefit from a personal conversation about their goals and challenges in Belgium.
- **What can you discuss?**
  - The specific hurdles you’re facing right now.
  - Your long-term vision for your life in Brussels.
  - Questions about career-building, social integration, or improving your confidence.
  - Exploring whether more personalized coaching would be a good fit for you.

There is zero pressure to sign up for anything further. The goal is to provide you with value and direction in just 15 minutes.

### Advanced Coaching Options: An Overview

If, during your Discovery Call, you and Laurine decide that more structured support would be beneficial, she may tell you about her advanced coaching programs. These are designed for a deeper level of personal transformation.

	TYPE	GOAL	SUPPORT
<b>30-Day Course</b>	Build Foundation	Self-paced videos giving you the essential map to navigate Belgium.	Community Forum Access
<b>Group Coaching</b>	Deepen Skills & Community	Live, interactive small-group sessions focused on specific themes like career strategy or social confidence.	Group learning plus direct access to Laurine

<b>1-on-1 Coaching</b>	Personal Transformation	A fully customized, private coaching program to tackle your most significant personal and professional goals.	Dedicated, unlimited personal access to Laurine
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## Step-by-Step Guide: Your Post-Course Action Plan

Let's break down your immediate next steps into a simple, manageable process.

**Step 1: Reflect & Acknowledge Your Progress** Set aside 10-15 minutes today. Grab a cup of coffee or tea, sit in a comfortable spot, and use the "Before and After" reflection prompts at the start of this guide. Acknowledging your growth is the most important part of this celebration.

**Step 2: Download and Celebrate Your Certificate** Follow the instructions in the "Your Certificate of Achievement" section. Once you have the PDF, plan a small celebration. It doesn't have to be extravagant. The act of celebrating is what counts.

- Go to your favourite bakery and buy a special treat.
- Take a walk through Parc de Bruxelles or a forest near your home.
- Call a friend or family member back home and tell them about your accomplishment.

**Step 3: Share Your Experience (Optional but Appreciated)** If you found this course valuable, your story could be the final push that helps another expat decide to get the support they need. Consider writing a few sentences about your experience and sharing it in our Community Forum or via the feedback form link in the course resources.

**Step 4: Assess Your Needs & Book a Discovery Call (If Applicable)** Ask yourself: "What is my biggest challenge **right now**?"

- If the answer is "I feel ready to explore on my own," that's wonderful! Dive into Path 1.
- If the answer is "I'm struggling with my career path," or "I feel lonely and don't know how to make friends," or "I need help with a specific personal goal," then a Discovery Call could be incredibly helpful.

To book your call, simply click the link in the course resources, choose a time that works for you from Laurine's calendar, and you'll receive a confirmation email.

## Your "Next Steps" Checklist

Use this checklist to guide you through the next few days.

- ☐ Take 10 minutes to complete the 'Before and After' reflection exercise.
- ☐ Go to the course resources and download my official completion certificate.
- ☐ Print my certificate and put it somewhere I can see it.
- ☐ Plan one small, enjoyable activity this week to celebrate finishing the course.
- ☐ Consider sharing my feedback in the Community Forum to help future expats.
- ☐ Honestly assess if I would benefit from a personal chat with Laurine.
- ☐ If yes, book my free, no-obligation 15-minute Discovery Call.

## Vocabulary: Talking About Your Journey

Here are some key terms in English, French, and Dutch that you can use to talk about your progress and future goals.

English	French (FR)	Dutch (NL)
Achievement	Un accomplissement	Een prestatie
Certificate	Un certificat	Een certificaat
Next step	La prochaine étape	De volgende stap
Goal / Objective	Un objectif	Een doel / Doelstelling
To be proud	Être fier/fière de	Trots zijn op
Guidance / Support	Un accompagnement	Begeleiding / Ondersteuning
To celebrate	Célébrer / Fêter	Vieren
Progress	Le progrès	De vooruitgang
Confidence	La confiance (en soi)	Het (zelf)vertrouwen
Journey	Le parcours / Le voyage	De reis / Het traject

## Insider Tips from Laurine

**💡 Tip: Go from ‘Knowing’ to ‘Doing’.** This course gave you the knowledge. The real integration happens when you apply it. This week, challenge yourself to do one small thing that scares you a little. Use a phrase you learned with a shopkeeper. Ask a neighbour for a recommendation. Action is the bridge between learning and living.

**💡 Tip: Don’t Compare Your Journey.** Your timeline for feeling “settled” is unique. Your colleague might find a social circle in two months, while it might take you six. That’s perfectly okay. Social media often shows a filtered highlight reel. Focus on your own journey, your own pace, and your own small victories.

**⚠️ Important: Beware the “Expats Bubble”.** It’s comforting to only socialize with people from your home country, but this can slow your integration. Make a conscious effort to build a diverse social circle that includes Belgians and people from other countries. This is where the richness of the Brussels experience truly lies.

Thank you once again for trusting us with this important part of your journey. It has been an absolute honor to be your guide. We are so excited to see what you do next and hope to see you sharing your successes in the community forum.

Take care, and congratulations again!