



CAROLINE GIFFON-WEE

Making Decisions in Times of Transition

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Caroline is the owner and founder of Girafe Coaching. Through her practice, she helps partners and spouses who experience globally mobile life disruptions create vibrant lives and careers, so they feel energized, confident, and fully alive regardless of location. To address the unique challenges partners and spouses face in a globally mobile life, Caroline has developed an innovative life coaching methodology supported by practical tools that she is constantly refining to support her clients' unique needs.

Over the last twenty years, Caroline has lived abroad in six different countries, across three continents. She knows what it's like to be staff in an international organization, and she's had the experience of being the accompanying partner. After a career in international development with organizations such as the World Bank Group, Caroline became a Certified Life Coach through the internationally respected Life Coach School specifically to help expat partners and spouses who are ready to tap into what's possible and create the life they truly desire.

Through her show, Love Your Expat Life, Caroline shares powerful tools that have changed her own journey in order to help expats worldwide connect to what matters most — so they can live a life they love.

To get in touch with Caroline, you can visit her website: <http://www.girafecoaching.com>