

PARENT CASE STUDY



A New Adventure: Coaching Cards

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I didn't realise how much we still have to learn about feelings and resilience, and about the grief that happens during a move”

*Naomi Hattaway
Founder of I Am A
Triangle and parent*

Naomi Hattaway is the founder of online expat community I Am A Triangle. She is a seasoned expat with the Instagram handle @therelocationexpert.

Her frequent moves within the United States were interspersed with family assignments in India and Singapore. She is married with three children.

How Naomi's family used the cards

Naomi left the deck of cards in her office, which was her children's first stop when they arrived home after school. Together, they picked a card from the leaving stage, then talked about that card. Naomi said, "It's been such a simple exercise but so powerful because it opens up the door to conversation."

How the cards made a difference

Naomi highlighted one particular leaving stage card which challenged her family to name each of their emotions about leaving. Her children identified feelings they had never talked about before as a family, despite their numerous moves, which proved to be "game-changing" for the whole family.

Why Naomi liked the cards

Naomi loved the ability to pick up and use the cards at any point during the relocation process thanks to the four different stages. In her words, this makes the cards "...a beautiful resource which cycles through eternity, especially for people who move a lot." She commented that A New Adventure is a beautiful deck of cards which are very simple to use. Additionally, she liked the fact that the cards were "risk-free," meaning they provided her with a gateway into conversation with her children. Naomi even used the cards with her own friends to promote dialogue around relocation.

Naomi's experience of the cards as a seasoned expat

As Naomi's family moved so frequently, she often felt that they were experts at navigating relocations. However, her dialogue with her children demonstrated the value of using the cards. For the first time ever, Naomi let her family know that she wasn't going to make sure everyone's emotions were in check and that everyone was expressing their feelings appropriately. Taking this action changed their entire family view on this next step in their journey.

