



MARCEL A. MISDORP
Coaching with Marcel

e-book

“Rooted From Within”

Introduction

I thought I was doing it right. Emigrated and living in Ireland. Nice house. Good job.

Language? Fine. Culture? Adapted. Irish people felt a lot like the Dutch, relaxed, friendly.

But still. I didn't feel at home in myself.
Not many friends, especially at the start.

I was functioning.
I was fitting in.
But I wasn't fully me.

Recognisable?

This guide won't "fix" anything.
It invites you to root, within.
Not just survive abroad, but land in yourself.





The Inner Expat Experience

**There's a difference between
*doing well and feeling well.***

Many expats look successful on the outside
but lose inner clarity, calm, or direction.

This isn't about solving.
It's about re-rooting.

Like Michael....



The 5 Shifts

1. From Coping to Integrating

Adapting isn't the same as bringing yourself along. Who are you when no one's watching?
Bring that version with you.

"What part of me am I leaving behind to fit in?"

Michael's story

Sharp in meetings. Respected.
But always drinks his coffee alone.

My story

I knew the language. Understood the culture.
I played the part, easy enough.
But I still called home. Not for advice.
Just to feel like me again.



The 5 Shifts

2. From Performing to Belonging

You can deliver, succeed, impress.
and still feel like you're on stage.

"Why do I still feel like I'm acting?"

Michael's story

He leads a team in Dublin.

Works Irish, socializes Irish.

Still calls his mother to feel "really seen."

My story

I remember that too.

Small talk at work.

But the connection ended when the job did.



The 5 Shifts

3. From Adapting to Anchoring

Starting over takes energy.

Anchoring gives it back.

*“What makes me feel grounded no matter
where I live?”*

Michael’s story

He tried routines. Gym. Meal prep.

Only when he started journaling did his mind settle.

My story

For me it was walking.

Every morning. Same route. No headphones.

That’s where the noise in my head got quiet.



The 5 Shifts

4. From Outside-In to Inside-Out Living

Trying to meet expectations drains you.

Tuning in to yourself restores you.

“What’s one choice I’ve been outsourcing to my environment?”

Michael’s story

Every Friday: pub night. Until he asked himself:

Do I want this, or is this expected of me?

My story

Mine was networking events.

I said yes by default, until I realised:

I don’t need to prove I belong.



The 5 Shifts

5. From Floating to Choosing

Not drifting along,
but choosing this life, here and now.

*“What would it mean to fully choose this life,
here and now?”*

Michael’s story

After years of doubt, he finally said:
“I’m staying. I’m building something here. It starts with
choosing.”

My story

I know that moment.
When you stop waiting for clarity,
and start acting from it.





Guided Journaling

**This is not an exercise.
It's an invitation to pause,
reflect, and be honest.**

“Where am I now, and what wants to shift?”

1. What am I proud of handling so far?
2. What feels incomplete or unsettled?
3. What's one small choice I could make today to feel more rooted?



Closing & Invitation

You don't need fixing.

But maybe something landed.

A line. A question. A quiet knowing..

Start here: coachingmetmarcel.nl/de-neuroscan

A free scan to see what's moving beneath the surface.

Or more deeply: coachingmetmarcel.nl/de-inzichten-intake

A short intake to reflect and explore next steps.

I'd love to hear what this brought up for you.

My inbox is open: hello@coachingmetmarcel.nl

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