



Articles, Relocation

'Now is all there ever is...'

18/12/2018, by Connla Stokes

HEINEKEN expat partner [Gertraud Eregger](#) firmly believes an assignment is always an opportunity for her to develop an international career.

The first posting

An International HR expert with over eight years of experience in HR management, operations, talent acquisition and executive search, Gertraud's first assignment brought her to Addis Ababa in 2014. "After some intensive networking, I landed a role with Ethiopia's leading HR consultancy. It was an amazing opportunity for me, developing my career in a demanding leadership role, working on projects that were new concepts for the local market," says Gertraud, who was the only expat in her whole office, an experience she relished.



Whirlwind year

"After we relocated to Kingston, Jamaica in 2017, I started a remote role with my old Austrian employer, an international executive search network," says Gertraud, who also got married and had her first child after relocating. "What an exciting, thrilling and sometimes challenging year it's been! I also became a certified Corporate Coach. Now I am combining my HR, coaching skills and experiences of overseas life as an Expat Transition Coach, supporting female expatriates in leadership roles when moving to a new country and culture."

Portable international career

"Growing a portable international career is one of the key factors for me to truly enjoy our overseas life," says Gertraud. "I have always seen my husband's assignments as a great chance for me to learn, grow as a person and develop my own career. When working independently, and mostly remotely, I learned that I need a mixed schedule to get out of the house, nurture contacts within the market and also know my boundaries i.e. not work all the time from home."

Magic can happen

"I am very proud of myself that I have always managed to pursue and grow my own career by diving into the new country and culture, approaching new challenges with an open mind. There is a saying: 'Now is all there ever is.' This is so true. I love planning, but I also go with the flow, allow for things to develop and see what results from various relationships. The key, for anyone looking to put ideas and visions into action while overseas, is to focus on the big picture and take it one step at a time. Don't be afraid to get out of your comfort zone. When you do, so much magic can happen."