



What is culture shock?

Cultures are built on deeply-embedded sets of values, norms, assumptions and beliefs. It can be surprising and sometimes distressing to find that people do not share some of your most deeply held ideas, as most of us take our core values and beliefs for granted and assume they are universally held.

Culture shock is an experience that describes the impact of moving from your loving country and culture to one which is unfamiliar and with a different set of values and beliefs.

It is a time of uncertainty as you leave your close friends and family members behind to meet new people and their culture.

Experiencing culture shock in the UK

Weather. British weather is very unpredictable, most of the time very grey, wet, cold and damp even in the summer. A Brit will always carry a jacket "just in case it rains".

Food

At the beginning you may find British food bland, some of dishes difficult to pronounce.

Language

If English is not your first language, it will be very tiring at the beginning to speak English at all times. Even if your first language is English you will find the regional accents sometimes difficult to understand and some even impossible.

Dress

Fashion style is different from your own country. Take your time to visit well-known clothing shops to get familiar with the British fashion. Some chain of clothing stores are: Marks & Spencer, Top Shop, River Island, BHS, John Lewis, Next and many others.

Social rules

Making an English friend will take some time as they take their time to know you. Sometimes they will appear cold and distant but friendship in the UK takes a few years to start. You will need to understand the rules of politeness and rudeness, what kind of questions are accepted or disapproved when socializing, learn body language and keeping your distance.

In order to make a smooth transition into the British culture try to see what people say or do in the context of their own culture's norms. This will help you to understand they see your behaviour, as well as how to understand theirs. When you understand both cultures, you will probably find some aspects of each that you like and others that you don't.

Driving in the UK

Having the wheel in the other side is traumatic enough for many who come to settle in the UK. Add to this the traffic rules, the narrow streets with two way traffic and how to avoid a crash by projecting yourself in advanced.

RECEIVING HELP WITH LIFE COACHING SESSIONS WITH MARTHA JESTY

I has been in the UK for more than 25 years and I understand very well the changes that you are experiencing. Through Life Coaching in Surrey I will listen to you and coach you to make this cultural transition smoothly, acknowledging your true values & beliefs.

I will help you to adjust to your new host country quickly and effectively. At my sessions you will reduce and, in many cases, prevent culture shock resulting in an increase of your emotional wellbeing. I will help you in the integration process by understanding your feelings and frustrations as they emerge during my cross cultural coaching sessions in Surrey. If you work full time, my cross cultural coaching session will enable you to fulfil your role and become more productive in the workplace.

Hablo español y las sesiones de ayuda y consejería en español son en Surrey o por telefono.

Martha Jesty
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