

# Talk to Sri

Life Coaching for Internationals

Flexible | Confidential | Personal Growth

## I can help you with:

- Getting to know yourself better;
- Dealing with life changes like having moved to the Netherlands;
- Reaching life goals;
- Feeling more fulfilled in life abroad.



[talktosriofficial](https://www.instagram.com/talktosriofficial)



TalktoSri



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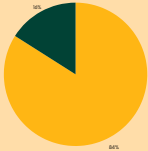
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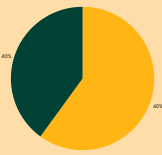
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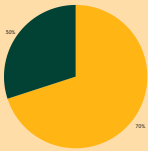
## Did you know?



84% of internationals who choose to stay in the Netherlands for a better quality of life.



Of those, 60% end up leave due to feeling socially unaccepted.



Nearly 70% of international students, out of 115,000 surveyed by Nuffic, experience some degree of loneliness.

Loneliness stems from challenges in making friends, cultural understanding, and isolation.

Expats tend to leave the Netherlands because it was difficult to make friends with the Dutch

Internationals have a higher risk of burnout, anxiety, and depression due to isolation.

## Talk to Sri can help you with

Preventing your mental health from getting worse with early intervention addressing isolation, for instance.

Boosting your confidence by fostering self-understanding and empowering you with the skills to be your own best friend during challenging times.

Equipping you with the tools to cultivate feelings of belongingness by understanding the Dutch better.



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