



Sundae Schneider-Bean, MA

Sundae is a solution-oriented coach, intercultural strategist, podcast host of *Expat Happy Hour*, and founder of Sundae Schneider-Bean LLC and Trailblazing Spouse®.

Languages: English (native language), German (fluent), Swiss-German (working knowledge), French (lower-intermediate), Spanish (in hibernation)

www.sundaebear.com

contact@sundaebear.com

Sundae is a solution-oriented coach and intercultural strategist who specializes in minimizing time to adapt and maximizing satisfaction and success abroad. Sundae helps individuals adapt as quickly (and painlessly!) as possible to the ever-changing circumstances of international life. Her expertise is sought out by clients ranging from European multi-national organizations to international NGOs, from West and East African country directors to seasoned expat spouses. Sundae helps individuals and organizations expedite success, create meaningful connections (abroad and at home), and cherish the experience. Her podcast [Expat Happy Hour](#) has been rated Nr. 1 episode in Places and Travel on iTunes.

Sample of Sundae's recent experience:

- Designed, developed and delivered training for the top-talent group of a world-leader in the gas and engineering industry. The modules focused on global collaboration and developing leadership from the inside out.
- Executive leadership coaching for Country Directors in West and East Africa for an international non-profit organization. Designed, developed and delivered leadership training for management team in Burkina Faso.
- Group coaching for accompanying partners from multiple institutions based in West Africa on sustainable strategies to improve personal adjustment and make the best out of their time abroad via the Trailblazing Spouse® program.
- Led year-long change management program for an international group of production leaders in leading international medical device company.
- Training and intercultural coaching for all inbound hires at top auditing firm which breaks away from classical country-specific orientation to instead address a more holistic approach to intercultural competence development.
- Intercultural competence development coaching with top organizational leaders, including the CEO, for the second largest company in Switzerland.
- Consultant to Swiss Post Group's organizational development department on its re-launch of diversity management.



Training and Coaching Areas of Expertise:

As an **intercultural strategist**, Sundae fast-tracks client adaptation and guides them through their most hefty challenges. Sundae has helped hundreds of internationally-minded individuals find answers to their biggest questions and **make important changes that last**. Sundae teaches strategies that maximize your performance so you can succeed in an intercultural context, regain energy and build insider relationships that expedite success.

Sundae's clients become interculturally savvy by learning how their own culture influences their thinking, communication style, and core values. Her clients learn to build the right relationships so that they reach their goals faster. They understand the importance of being highly resilient and battle expat fatigue before it goes too far.

As a **solution-oriented coach**, move forward quickly with her clients. By focusing on what keeps you awake at night, you can break free from what's holding you back or draining your energy.

Certifications:

Sundae is a licensed practitioner for the Intercultural Readiness Check (IRC). She has been certified in the use of the COI® (Cultural Orientations Indicator) and the COM® (Cultural Orientations Model), as well as in delivering the Executive Assessment & Global Leadership Program. She has completed training on *Cultural Orientations at Work* from the Training Management Corporation and *Training for International Transition, Methods of Intercultural Training*, and *Effective Intercultural Teamwork* from the Summer Institute for Intercultural Communication. She has also adapted the method *Kollegiale Fallberatung* (a form of peer consulting, also referred to as a leadership circle) to help leaders address intercultural challenges at work. Sundae is an Associate Certified Coach (ACC) with the International Coaching Federation and a certified Martha Beck Life Coach.

Education:

She holds an MA in Communication, with a specialization in intercultural communication from the Hugh Downs School of Human Communication, Arizona State University. She has completed a fellowship program with the Swiss Postgraduate Program in Social Anthropology. She further developed her coaching skills through an accredited coach training program based on a solution-oriented brief-coaching approach (*Lösungsorientiertes Kurzzeit-Coaching*). Sundae holds a Bachelor of Arts degree in Speech Communications from the University of Minnesota, Twin Cities and completed her minor in Spanish at the *Fundación José Ortega y Gasset* in Toledo, Spain.

Publications:

Bean, S. (2010). (Re)constructions of self & others: Peeling back layers of identity, context and power in intercultural tourism interactions. In M.B. Hinner (Ed.). *The interface of business and culture*, Frankfurt am Main: Peter Lang.

Schneider-Bean, S. (2008). *Beyond tips and sunscreen: Exploring tourist-host encounters through communication, culture and identity*. Saarbrücken: VDM Verlag.

Bean, S., & Martin, J. (2007). Touring culture(s): Intercultural communication principles and international tourism. In M.B. Hinner (Ed.), *The influence of culture in the world of business*. Frankfurt am Main: Peter Lang.

Sundae has been a guest-contributor online for many organizations including Internations, ExpatWoman.com, and UYD. She regularly shares insight on how to manage the toughest aspects of global life at <http://sundaebean.com/blog/>.