TAM
YOUNG
COACH

Spousal Integration Bootcamp

Syllabus for Companies — Tam Young Coach

What this programme is

A ten-week coaching programme for the partner of an employee relocating to Nagoya or the wider Aichi area. It works through daily life in Japan in the order a newly arrived partner meets it, so that by the end of ten weeks the partner can run their own daily life here — and the assignment rests on firmer ground.

Who it is for

Partners of employees moving to Nagoya and Aichi for work, typically on assignments of two to five years. Offered to companies as part of the relocation package; individual families can also join on the same terms.

Format

- Ten sessions of one hour, one session a week for ten weeks.
- All sessions are held online, at a regular weekly time.
- A participant can begin before leaving their home country and continue without a break after arriving in Japan.
- Each session covers one part of daily life, and ends with a small number of agreed actions for the week ahead.
- After each session the participant receives a one-page worksheet covering that week's topic in plain language.
- Between sessions, the participant can send short questions by email.

The ten weeks

1. The ground under your feet — Where you will live, how the first month usually feels, and what to expect from it.

2. City hall and the official systems — Residence registration, My Number, health insurance and pension, and what to do when official letters arrive.

3. Money and phones — Opening a bank account, paying bills, sending money home, and setting up a mobile phone.

4. Healthcare — How clinics and hospitals work, finding English-speaking doctors and dentists in Nagoya, and what to do in an emergency.

5. Getting around Nagoya — Trains, buses and travel cards, cycling rules, and converting a driving licence.

6. Running a home — Shopping and reading labels, garbage sorting and collection days, post, deliveries and utilities.

7. Safety and the unexpected — Earthquakes and severe weather, what the alerts mean, and who to call for what.

8. Building a week of your own — Routine, exercise and interests, and where partners in Nagoya meet people.

9. Work, study and permission — What a dependent visa allows, permission to work part-time, Japanese classes and study options.

10. Review and the next ninety days — What now runs smoothly, what is still difficult, and a personal plan for the months ahead.

Your coach

Tam Young has been coaching since 2011 — fifteen years — and is a member of the International Coach Federation and an NLP Practitioner. He has lived in Japan for 22 years and is based near Nagoya. He coaches expatriate staff and their partners in Japan, including through international relocation support programmes, and made the move to Japan himself.

What your company receives

- Confirmation of the participant's start and completion dates.
- A short completion summary at week ten, agreed with the participant.
- Nothing else. What is said in sessions is confidential, as in all Tam Young Coach coaching. Session content is never shared with the company.

Price

¥300,000 per participant for the full ten-week programme, before tax. Terms follow the standard Tam Young Coach company terms: payment within 30 days; a session cancelled with less than 24 hours' notice counts as a used session.

Many companies begin with one participant as a pilot before offering the programme more widely. That is welcome.

Contact

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