

NORDIC COACH

# ROOTED

*workbook*

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# Hello!



Hi, I'm Corina, and I identify myself as a creative human who is constantly evolving. As an expat from Romania, living at the moment in Sweden, a wife, mother, woman, and free spirit, my journey of personal growth has deeply shaped how I guide others toward a more fulfilling life. With a background in art therapy, coaching, compassionate focused therapy and trauma-informed healing practices, I integrate mind-body awareness, emotional processing, and self-discovery into my work. My approach is warm, compassionate, and deeply human. I believe that true change happens when we feel safe, seen, and supported.

*Corina Dancea*

# A Guided Notebook to Feeling at Home in Yourself!

Welcome! 

Moving to a new country can feel like losing a part of yourself. The things that once made you you—your language, humor, customs—can suddenly feel too much or not enough. You might find yourself adapting, shrinking, or questioning whether you'll ever feel at home again.

But here's the truth: Home isn't just a place. It's a feeling you can cultivate within yourself.

This guided notebook will help you reconnect with your sense of self through self-reflection and simple exercises. Grab a pen and take your time—this is your space. ✨

# 1. Recognizing the Stories You Tell Yourself

Our minds try to make sense of things by telling stories—but sometimes, these stories aren't true. They might come from past experiences, social conditioning, or the fear of not belonging.

What are some of the thoughts you have about yourself in this new place?

 Write them down below:

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Now, go deeper:

When do these thoughts come up? (E.g., in social settings, at work, speaking the local language, meeting new people)

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Who or what triggers them?

Where do you feel them in your body?

 Reflect here:

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Finally, ask yourself: Are these stories really true? Would you say them to a friend?

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## 2. Finding the Spaces Where You Feel Most Like Yourself

You don't need to be understood by everyone—just by the right people.

Think about the moments when you feel most at ease.


 Where and when do you feel most comfortable in your own skin?

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 Who are the people, places, or activities that help you feel more like yourself?

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How can you bring more of these moments into your daily life?

 Write down one small action you can take today:

[illegible]

# 3. Reclaiming Your Inner Home

Feeling at home isn't about how others see you—it's about how you see yourself.

Close your eyes and imagine yourself as your most confident, at-home self.

 How does this version of you speak?

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 How does this version of you carry themselves?

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What do they know to be true about themselves?

 Describe this version of you:

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Now, ask yourself: What is one small way I can embody this version of me today?

 Write it down:

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The background features a light beige surface with various paint strokes. A large, solid teal circle is in the top right corner. A thin vertical black line runs down the center. A teal brushstroke is at the bottom left, and a gold brushstroke is at the bottom center.

Want More Support?  
Let's Talk. ♥

# Support

Bringing awareness to your thoughts is a powerful first step. If this notebook resonated with you, let's take it deeper.

## 30-minute free call

I'd love to offer you a free 30-minute call where we'll explore:

- ✅ What's been holding you back from feeling at home in yourself
- ✅ The patterns you've identified in this notebook
- ✅ Simple, personalized steps to help you feel more grounded and confident in your everyday life

✨ Come with this guided notebook filled out if you can—it will give us a great starting point! But if not, no worries—we'll explore it together.

You are not too much. You are not too little. You are enough—exactly as you are. 🧡



# Book your free call



Choosing the right therapist is an important step in your journey. That's why I offer a free 30-minute online consultation, where we can get to know each other and explore how I can support you.

**BOOK NOW**

Group workshops provide a safe space to connect with others who are going through the same struggles. They offer a chance to share experiences, build friendships, and receive guidance, making adaptation easier and fostering a sense of community.

Let me know if you are interested!

Today is the beginning of the rest of your life.

I'm so excited to start working with you, please reach out to learn more about individual or group sessions.

Corina Oancea

Speech therapist | Coach | Art therapy |  
Pshychological Profiler | CFT | Writer |



*Thank-you!*

*Nordic Coach*  
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