

MAKE BOLD MOVES ABROAD

Checklist

**The 8 C's Framework to Elevate your Influence, Impact and
Income Abroad**

with Nyna Caputi

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MAKE BOLD MOVES ABROAD™ CHECKLIST

This checklist introduces you to the 8 C's – the Bold Moves Abroad™ roadmap designed to help you with confidently building your personal brand, the right network and career goals, getting seen, known and hired for your expertise, and growing your income abroad.

1. CLARITY

Get clear on your unique strengths, your personal brand and what bold moves you want to make.

- I understand what my strengths and “superpower” are.
- I have a clear professional vision that I'm working toward.
- I know what I want to be known for and the personal brand I want to build.

2. CONFIDENCE

Overcome impostor syndrome, step into your clarity and own your unique voice and brand.

- I've said yes to something outside my comfort zone.
- I acknowledge and celebrate my wins – even the small ones.
- I'm actively shifting from self-doubt and fear to self-belief and courage.

3. COMMUNITY

Find and connect with people locally and globally who matter most to your goals.

- I connect regularly with like-minded people who uplift and support me.
- I've joined at least one community for expats or folks with similar interests.
- I have identified my target audience and am actively building my network.

4. CONTENT

Share your insights and expertise online to inspire and build your visibility..

- I am clear on who my target audience is that I am creating content for.
- I create consistent, valuable, authentic content that showcases my expertise.
- I create content that helps me get seen, known and opens the door to opportunities



5. CHANNEL

Choose the right platform to consistently show up to share and amplify your content and voice.

- I've chosen one platform (e.g., LinkedIn, YouTube, events) to focus on.
- I've optimized my profile/channel/content to reflect my "superpower" and expertise.
- I leverage this channel to connect with my audience to build visibility & create opportunities.

6. COMMUNICATION

Engage with your audience, build relationships, pitch your offers.

- I've made a bold ask – for help, visibility or to promote my skills/offers/business.
- I engage with my audience through my content and channels and messages, emails
- I regularly share my ideas, needs, brand, thought leadership with clarity and confidence.

7. COLLABORATION

Partner, co-create, and leverage opportunities.

- I've collaborated on a podcast, event, post, blog, video or group project.
- I've pitched or been pitched a meaningful partnership relevant to my expertise.
- I actively seek out and reach out to aligned individuals or communities to collaborate with.

8. CONVERSION

Turn your visibility into opportunities, clients, and income streams.

- I've packaged my expertise into a product/service that is easy to buy.
- I've defined a clear call-to-action (CTA) in my posts, content, conversations.
- I've set aside time weekly to nurture warm leads or potential collaborations.



Mini Self-Reflection Tracker

The **Mini Self-Reflection Tracker** helps you focus on your bold moves abroad growth by identifying your strengths and areas for improvement. It guides you to prioritize the 1-2 C's you want to focus on each month and provides actionable steps to track your progress, ensuring you stay intentional and on track in making bold moves abroad.

1. WHICH OF THE 8 C'S AM I STRONG IN?

Reflect on the C's where you feel most confident and aligned with your current journey abroad. These are areas where you're already making bold moves and experiencing success.

- Clarity
- Confidence
- Community
- Content
- Channel
- Communication
- Collaboration
- Consistency

2. WHICH 1-2 C'S DO I WANT TO FOCUS ON THIS MONTH?

Now, think about which areas need your attention and action this month. These are the C's that will help you move forward more intentionally and effectively in your journey to thrive abroad.

- Clarity
- Confidence
- Community
- Content
- Channel
- Communication
- Collaboration
- Consistency



Progress Tracker for the 8 C's

Use this space to track your progress as you focus on the 1-2 C's you've chosen to prioritize this month. Break them down into actionable steps and check off each one as you complete it.

1. CLARITY

- Showcase or refine my personal brand.
- Reflect and write down what success looks.
- Write down what bold moves I want to make and keep it visible daily.

2. CONFIDENCE

- Take at least one step outside my comfort zone.
- Acknowledge at least 1 small win each week.
- Practice self-affirmations every morning.

3. COMMUNITY

- Reach out to at least one new person in my network this week.
- Join a new community group or event that aligns with my goals.
- Schedule conversations with at least 3 people.

4. CONTENT

- Create content that reflects my skills, expertise, personal brand.
- Publish one to two pieces of relevant content per week for my audience.
- Repurpose one piece of content into multiple formats (e.g., post, video article, or newsletter).

5. CHANNEL

- Choose one primary platform (e.g., LinkedIn) to build consistent visibility.
- Optimize my presence on this platform – update my profile, connections, content.
- Experiment with a secondary channel (e.g., YouTube, podcast, email newsletter, events) to expand reach and deepen engagement.



6. COMMUNICATION

- Make a bold ask for support, visibility, clients.
- Share my story with clarity in at least one conversation or post.
- Practice speaking about my goals, vision and expertise/business confidently.

7. COLLABORATION

- Identify 1-2 potential collaborators in my field or network
- Craft and pitch a collaboration idea – this could be a joint event, co-authored content, interview swap, or referral partnership.
- Track the visibility or reach gained from each collaboration (e.g., new followers, email signups, opportunities)

8. CONVERSION

- I have a clear call-to-action (CTA) in my posts, profiles, and conversations.
- I follow up with people who engage with my content or reach out via email or DMs..
- I track what actions (posts, DMs, events) lead to actual clients, collaborations, or opportunities.

EASY WINS!

3 Bold Moves You Can Make Today

- Reach out to one new connection abroad
- Post one insight or story on social media*
- Say yes to something that scares (and excites) you

**LinkedIn and YouTube are the best social media platforms for expat women professionals to make and share their bold moves abroad*





WHAT'S NEXT?

Now that you have your **Make Bold Moves Abroad Checklist**, what's next?

FIRST. Take ACTION.

As you work through this checklist, you'll be inspired with what you can do **TODAY**.

And if you want to get personalized support from Nyna Caputi, Founder and CEO of The Expat Woman and a LinkedIn and YouTube Consultant – then you might be interested in her 1:1 Power Hour Consulting.

Making Bold Moves Abroad

Get clarity on your "superpower", build your personal brand and get strategies on how to showcase your expertise, offers and build your visibility

LinkedIn

Learn how to optimize your profile and create content to showcase your personal brand, expertise, and business and grow a powerful network of your target audience.

YouTube

Learn how to create and build a YouTube channel for your audience to share your story, experiences, expertise, build your visibility and promote your business through engaging content

Visit theexpatwoman.com/coaching to book your 1:1 power hour sessions

Join our inner circle of Women Making Bold Moves Abroad

The Expat Woman Membership , the #1 paid community of purpose-driven, ambitious, women living abroad who want to elevate their impact, influence and income

Visit theexpatwoman.com/membership for more info on membership.

