



Katia Vlachos – Official Bio

Katia Vlachos is a certified coach and author of *A Great Move: Surviving and Thriving in Your Expat Assignment* (LID Publishing, 2018), the ultimate guide for making successful international moves, selected as the *Financial Times*' Book of the Month in June 2018. She is a Certified Professional Co-Active Coach from the Co-Active Training Institute (CTI) and is also certified by the International Coach Federation (ICF).



Katia has made it her mission to support brilliant, ambitious globally minded women to pursue their aspirations while navigating career and relationship transitions, helping them get unstuck, reclaim their power, and make conscious choices to build fulfilling lives.

She presents as a guest speaker for multiple forums and conferences, online and offline, about topics such as the choices and challenges related to leading a global life, navigating divorce, and others (see list). She also publishes a bimonthly blog called [Breaking Free](#) and curates a monthly email [newsletter](#). She can be reached through her website and on [LinkedIn](#), [Instagram](#), [Twitter](#), and [Facebook](#).

Katia is a researcher and policy analyst by training, with a master's degree from the Harvard Kennedy School and a Ph.D. from the RAND Corporation. After a successful decade-long career as a defense analyst in the United States and Europe, Katia made the bold decision to exit the world of defense and dedicate herself to helping other global nomads like her navigate transitions and build thriving lives abroad. A lifelong expat herself, Katia has spent over a decade researching, writing, and speaking on cross-cultural transitions and leading a global life. In addition to the *Financial Times*, she



has published articles in the *Harvard Business Review*, *Huffington Post*, *Thrive Global*, and elsewhere. Her work has been showcased in the *New York Times* and in numerous articles and podcasts (see attached list).

Katia was born in Douala, Cameroon to Greek parents and raised in Athens, Greece. She's lived in eight cities, seven countries, and on three continents (so far), and is currently at home in Zollikon, a suburb of Zurich, Switzerland, where she lives with her husband and youngest son.