



*Didan  
Wedderburn*

Author, Speaker, Mentor,  
Facilitator & Podcast Host



## SIGNATURE TOPICS

Didan is an inspiring and engaging speaker with 20+ years of experience in social integration and resilience cultivation. She is passionate about equipping foreign workers and foreign students to conquer migration stress by nurturing the skills and habits they need to thrive in their host countries. Didan is also the founder of the Resilient Foreigner consultancy and host of The Didan Ashanta podcast.

- ✓ Managing Migration Stress
- ✓ Reinventing Yourself
- ✓ Strategic Planning
- ✓ Self-Nurturance
- ✓ Social Connectedness
- ✓ Soft Resilience
- ✓ Decluttering Your Life
- ✓ Vital Blends & Bites

## Media Appearances



**CBC**



## ABOUT DIDAN

Didan has spent more than 20 years travelling and thriving throughout the Caribbean, North America, Africa, Europe, and Asia. She's uniquely familiar with the hurdles and hassles people face in a foreign country.

An expert in social integration, Didan's resilience-based framework helps migrants to integrate into their host cultures, develop economic mobility and reinvent themselves. With her signature toolkit, she trains and mentors people who are working or studying abroad to develop the adaptability skills and restorative habits they need to thrive in new cultures and communities.



Please feel free to reach out for additional information.

## CLIENTS INCLUDE

- Legacy Foundation Japan
- Black Women In Japan
- Nagareyama Lifelong Learning Center
- Association for New Canadians
- Nigerian Canadian Association of NL
- Multicultural Women's Organization of NL
- Memorial University
- Blue Pinion Films
- IENL - Study and Stay NL
- Health, Education & Counselling Institute
- Holy Childhood High School
- Calabar High School

*Get in Touch!*

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