

# THE PURSUIT

## 2026 BEYOND BORDERS

### THE ART OF REBUILDING LIFE IN THE RIGHT PLACE

THE COURAGE TO KEEP  
BECOMING

PAUL GULSTON ON  
GROWTH, GRIT AND  
BUILDING A NEW LIFE  
IN THE UAE

THE COURAGE TO EMBRACE  
A NEW BEGINNING

BEYOND BORDERS:  
ADRIAN HAVELOCK  
ON COURAGE,  
CULTURE AND  
CARVING A NEW  
PATH ABROAD

BEYOND BORDERS: THE  
EXPANSIVE JOURNEY  
OF LYNDELL DANZIE-  
BLACK

HOW NERISSA  
GOLDEN  
LEARNED TO  
REST, RESET  
AND RISE  
AGAIN

REINVENTION, RESILIENCE  
AND OWNING YOUR  
GREATNESS

IDENTITY, REINVENTION AND  
THE POWER OF COURAGE

HOW RENÉE  
BLENDED STYLE,  
STRATEGY AND  
REINVENTION IN  
CANADA



# 2026 BEYOND BORDERS

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December 2025

# EDITOR'S NOTE



Welcome to the **Beyond Borders** edition of *The Pursuit*.

In September, I made a bold decision to spend at least one year in Vietnam. Since announcing that move, my inbox has been filled with messages from professionals, consultants, and creatives across the Caribbean, curious about why I did it, how I did it, and whether they can do it too. What I have sensed, more than anything, is a deep longing for something different: a better work life balance, a break from the relentless rat race, and the freedom to design a life that feels intentional and fulfilling.

This edition was born from that collective longing. Inside these pages, you will find the stories of Caribbean nationals who have migrated to different corners of the world. Their experiences are diverse and honest, revealing the challenges, the triumphs, the reinvention, and the quiet courage required to build a life beyond familiar shores.

What these stories show is that migration is not abandonment. Living abroad does not mean you sever yourself from your roots. In



fact, many of us continue to work with Caribbean businesses, serve Caribbean clients, and proudly carry our culture wherever we go. What it does mean is that a new way of living and working is possible.

I hope the voices and journeys within this magazine inspire you, challenge you, and remind you that the Caribbean spirit is borderless. May you see yourself in these stories and find the courage to pursue a life that feels expansive, meaningful, and uniquely yours.

Debbie Jolie





# Beyond Borders: Adrian Havelock on Courage, Culture and Carving a New Path Abroad

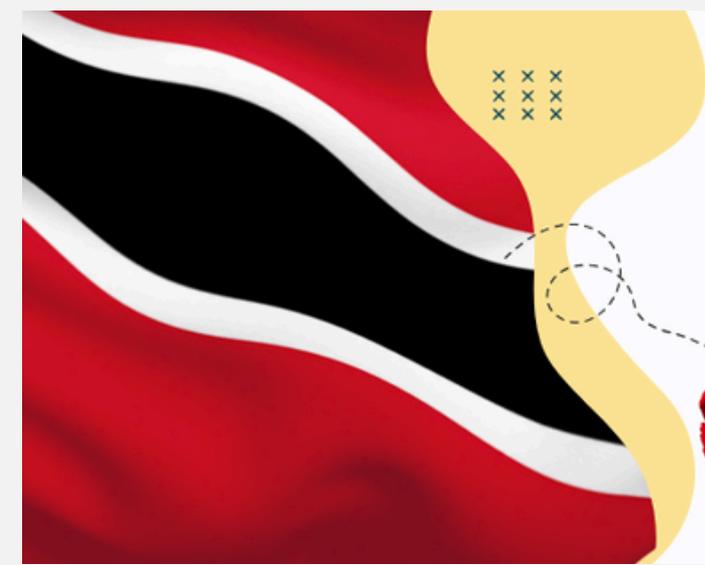
## When Home No Longer Feels Like Home

For Adrian, the decision to leave Trinidad and Tobago was not sparked by wanderlust. It was triggered by a moment that shook his sense of safety. After a robbery at his home, he described the uneasy feeling of knowing that the walls that once protected him had been breached. That moment became the push he needed to explore life beyond his borders.

## Transitioning Abroad in a World on Pause

Like many who migrated in recent years, Adrian's move collided with the global shutdown caused by COVID nineteen. Streets were empty, businesses were closed, and opportunities seemed frozen.

Instead of waiting, he worked on himself. He rebranded, created content, and stayed present online even when conventional work did not exist. His intentional visibility



**ADRIAN  
HAVELOCK**

*Born in Trinidad. Shaped by two nations. Living his story in Canada.*



meant that when the world reopened, he remained at the forefront of his clients' minds.

### **The Global Classroom: Negotiation, Culture and Professional Growth**

Living abroad gave Adrian a unique window into global buying behaviours, negotiation styles and cultural perspectives. This exposure did not simply make him more adaptable. It made him more valuable in the international marketplace.

### **Identity, Pride and the Power of Roots**

Interestingly, living abroad did not weaken Adrian's Caribbean identity. It strengthened it. Distance allowed him to appreciate Trinidad and Tobago even more deeply.

### **The Challenge No One Talks About: Loneliness**

Adrian also speaks honestly about something many migrants struggle with. Loneliness. The ease of spontaneous social interaction is often lost.

### **Staying Connected Whilst Moving Forward**

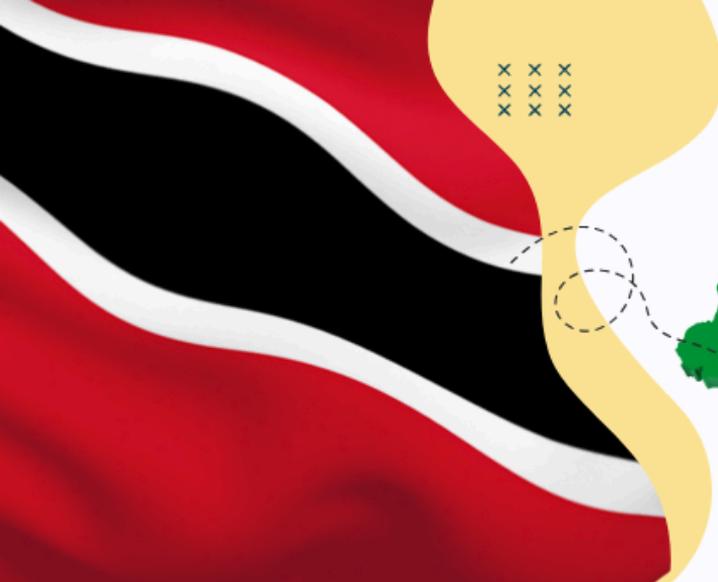
Despite the distance, Adrian remains rooted through people who share the same background, values or Caribbean spirit.

### **Advice for Caribbean Professionals**

Find a community. It does not have to be people from your culture but people with shared interests.



Adrian's story is a reminder that the journey beyond borders is one of disruption, discovery and personal evolution.



# NATASHA

From Trinidad to Brazil, with stories from Argentina, Grenada, and the USA.



## The Art of Rebuilding Life in the Right Place

*Meet Natasha Moreau*

When **Natasha Moreau** first moved to Florianópolis, Brazil in 2012, the place felt instantly familiar in a way she still struggles to explain. Life later brought her back to Trinidad, especially as she and her husband navigated the journey of raising their son on the autism spectrum. But by 2024, the signs were clear: rising crime, the US dollar crisis and shrinking entrepreneurial opportunities pushed them to make a life changing decision. Brazil offered space, affordability and a sense of possibility they could not ignore. “My son is happy, and we are happy,” she says, summing up the entire move in one simple truth.

Language became her gateway. Fluent in Spanish, she survived. But Portuguese helped her belong. For Natasha, language is not just communication but cultural entry. Without it, you remain a visitor. With it, you gain independence, connection and a real sense of place.

Professionally, Brazil transformed her path. After years building Sand and Sole between Grenada and Trinidad, she realised she had been working within systems too small to expand in. In Brazil she has access to suppliers, scale and an entrepreneurial community with no gatekeeping. “If you show up and participate, there’s space for you,” she says. That openness changed her entire perspective on what is possible.



The biggest adjustment was not culture shock – it was peace. Coming from a society where constant vigilance becomes normal, she had to learn how to live without her nervous system on high alert. Contrary to stereotypes, life in southern Brazil offered safety, community and the ability to simply exist without tension.



Natasha no longer views success as “making it work at home.” Instead, she believes success is alignment: building where the environment supports the dream. “It freed me,” she explains, “from the pressure of making Trinidad work and allowed me to build where the conditions were right.”



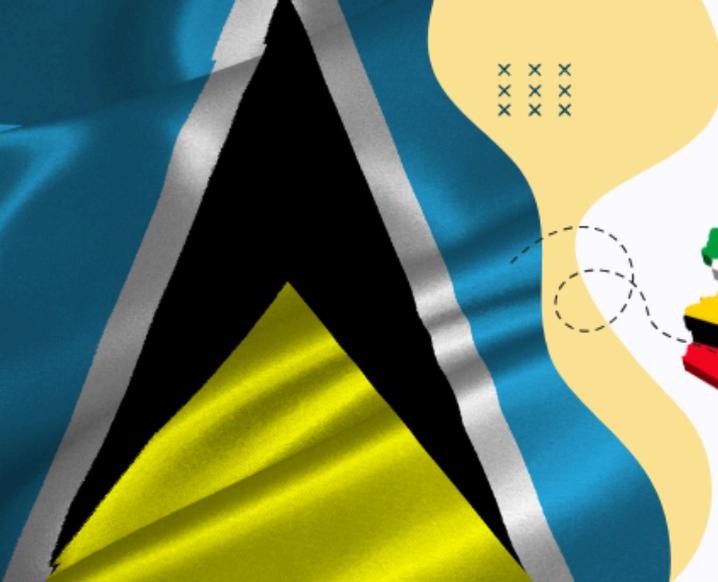
Her advice to Caribbean professionals thinking of moving beyond borders is clear. Build where your vision is supported. Learn the language. Start before you feel ready. And remember that leaving does not mean abandoning your roots. Migration is not a straight line.

**“The Caribbean raised us. The world is waiting for what we can build.”**





**Moving abroad expands your  
network, your mindset and your  
access to global opportunities  
overnight.**



# LYNDELL

*Rooted in St. Lucia, journeyed through England, Sweden, and now calls home Guyana.*



*Meet  
Lyndell  
Danzie*



## **Beyond Borders: The Expansive Journey of Lyndell Danzie- Black**

When you first meet Lyndell Danzie-Black, you immediately sense a woman who has never allowed borders—geographical or imagined—to define her. Born in Saint Lucia and now based in Guyana after seasons of living in England and Sweden, Lyndell embodies the modern Caribbean leader: rooted, resilient, globally attuned, and unafraid of evolution.

Her decision to step beyond home was not born from restlessness but from recognition. For years she had poured her talent, discipline, and brilliance into systems that benefited from her expertise but did not always value it. And in the moment it mattered most, insecurity and bias clouded others'

judgement about her worth. So when an opportunity emerged in Guyana for her husband, she did not hesitate.

“It was never about leaving,” she reflects. “It was about expanding.”

That belief—growth without borders—would become the backbone of her transition into a new country, a new ecosystem, and eventually, a wider global stage.

### **Rebuilding, Resetting, and Rising**

Transitioning to life and work in a new country is rarely seamless, even for the most seasoned professionals. For Lyndell, the greatest challenge lay in resetting the systems she had mastered at home: networks, reputation, familiar rhythms, and the professional equity she had built over decades.

Yet she approached the transition as she would any major strategic project—with discipline, humility, curiosity, and intention. Market scans, targeted relationship-building, adaptability, and cultural intelligence became her toolkit. And perhaps unexpectedly, the easiest part of the journey was watching her six-year-old daughter adjust with enthusiasm and creative joy. “She was ready for the assignment,” Lyndell says proudly.

### **From National Leader to Global Catalyst**

Living abroad did more than expand Lyndell’s professional reach—it transformed it.

Her company, Cerulean Inc., moved from regional influence to a model capable of serving international audiences. Her insights and frameworks travelled far beyond the Caribbean, confirming that her methodologies were not just relevant; they were scalable and export-ready.

She went on to co-found the Women’s Chamber of Commerce and Industry Guyana—the first of its kind in the Caribbean—along with the 25 Influential Women Leaders Award and the Women Leadership Program. Each initiative reflects her commitment to systems-level empowerment and to elevating women’s leadership across borders.

### **Navigating Culture, Creating New Roots**

Adapting to Guyana required shifts—professionally and personally.

The communication style was different, the pace of work distinct, and the business culture more transactional than relational. Yet Lyndell met these differences with openness, respect, and a commitment to remain authentically Caribbean. She embraced the learning curve while exploring the Amazon, connecting with local communities, and building fresh networks from the ground up.

“I grew fearless and purpose-driven,” she says. “Success, I realised, is not a destination—it’s an evolution.”

### **Anchored by Faith, Family, and the Caribbean Spirit**

Throughout her journey, her strongest pillars have remained constant: her mother’s grounding words, her husband Bernard, and her daughter Loren, who continues to bring joy into every transition. Diaspora networks, women’s leadership circles, and volunteer engagements helped her build a new professional village—one she now combines with long-standing regional and international relationships.

And even as her work spans borders, her heart remains attuned to Saint Lucia. She misses the rhythm of its people, the warmth, the easy sense of community, and the unmistakable Lucian energy. She stays connected through frequent visits, cultural traditions, the food, and her unwavering commitment to mentoring Caribbean entrepreneurs wherever she is.

### **A Message to Caribbean Professionals Ready for the Leap**

For those contemplating their own beyond borders moment, Lyndell’s



advice is clear and powerful:

**“Do it boldly and do it intentionally.”**

Your Caribbean background, she insists, is not a limitation but a competitive advantage. Prepare, research, network early, embrace discomfort, and trust your skills. There will be moments of confusion or cultural adjustment—but within those moments lie the opportunities that expand your career and your life.

“The world is ready for Caribbean excellence,” Lyndell says. “You simply have to step into it.”



# The Courage to Keep Becoming

*Meet Judy McCutcheon*

Some people migrate once. Judy McCutcheon did it three times, each move shaped by a different version of herself. Where some see relocation as a single life event, Judy sees a series of evolutions. Her journey moves from Tobago to Trinidad, then Belize, and finally to Grenada, where she now resides. Every transition came with its own motivation, its own lesson and its own stretch.

Her first move at nineteen was pure instinct. No job, no plan, no roadmap. Just a young woman from Tobago who knew she needed more than what her home environment could offer at the time. That leap was her first encounter with possibility, and it showed her what can happen when courage speaks louder than certainty.

Her second move, to Belize, was rooted in love and partnership. It brought her into a new culture she quickly grew to adore. It was warm, open and socially easy in a way that made her feel held. Leaving Belize was difficult, she admits, because it felt like the start of a life she was not quite ready to step away from.



Her final move, to Grenada, came through her husband's transfer, but for Judy it became a turning point. It aligned with her professional growth and challenged her in ways she never expected. Arriving during the financial crisis meant there was no job waiting, no built-in network and two young children to settle. It was the hardest transition of all, but it refined her resilience. Joining Toastmasters gave her community. Showing up, even when she felt untethered, rebuilt her confidence. She learned something essential: moving countries is not just about shifting geography; it is about rebuilding identity piece by piece.

Grenada became the place where she matured in every direction. It is where she earned two master's degrees, stepped into senior leadership roles, and eventually birthed her consulting business. But she is clear that her biggest development was internal. Living abroad forced her to meet herself without the anchors of familiarity. She learned what she was capable of when there was no inherited support system, no cushion, no old reputation to lean on. That transformation, she says, shaped her just as much as any professional achievement.

Her cultural experiences were equally varied. Belize embraced her instantly, though the food took some adjusting. Grenada, meanwhile, required patience. The people were more reserved, connections slower to build. Professionally, she had to be intentional about networking and finding her own circles. But over time, she found the relationships that rooted her—two close friends who became her confidantes and her community.

What she missed most while living away was simple: closeness. The easy access to family, the comfort of familiar voices, the feeling of always being surrounded by her people.

Being in Grenada softened that ache because flights home were easier, weekends in Trinidad were possible, and the thread of connection remained intact.

Today, Judy's perspective on success is entirely different from when she first left home. She no longer sees it as a title or a position. Success, for her, is adaptability. It is growth. It is the ability to create opportunity where none exists. Living abroad made her more confident, more resourceful and more willing to

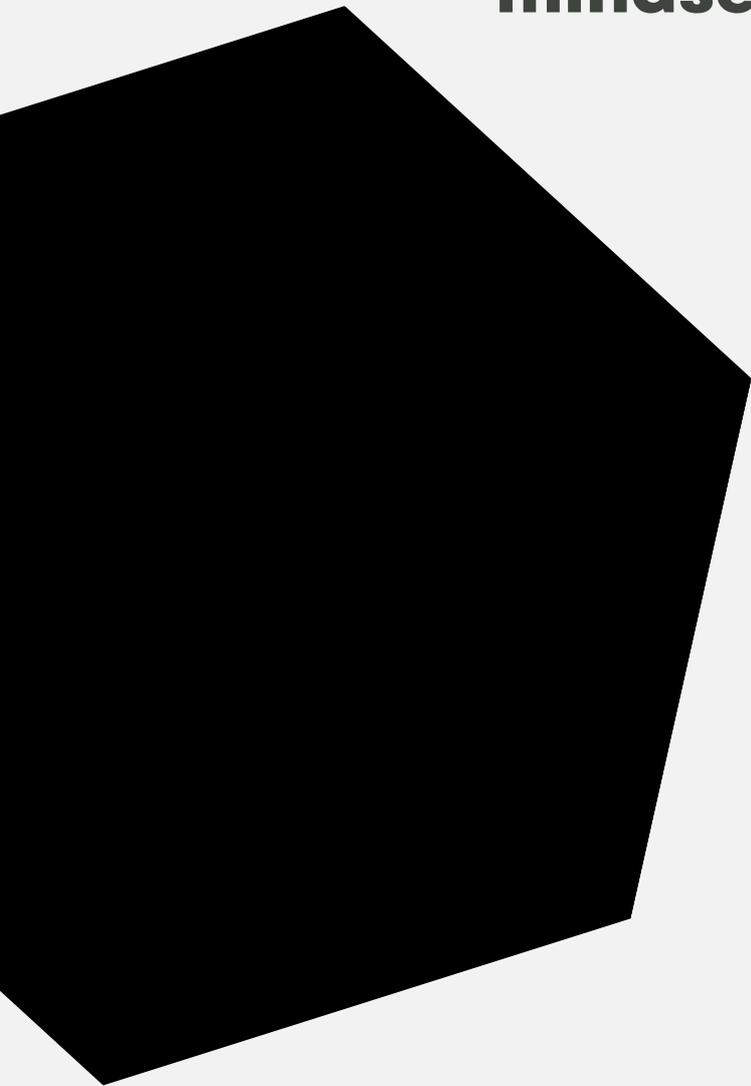
trust her own decisions. She learned that she can thrive anywhere because she has proven it to herself more than once.

Her advice to Caribbean professionals considering a life beyond borders is grounded in lived wisdom: stop waiting for perfect conditions. They do not exist. If the pull is there, honour it. Build community early, do not isolate yourself and remember that your Caribbean identity is a strength you carry with you. Resilience, creativity and resourcefulness are part of who we are.

Judy's journey reminds us that moving abroad is not only about building a new life. It is about becoming a new you. And sometimes, the most powerful transformations happen when you step into a place where nothing is familiar except your determination to rise.



**A move abroad can be the catalyst  
that transforms a local business  
mindset into a global brand  
strategy.**





*Meet Nerissa  
Golden*

# How Nerissa Golden Learned to Rest, Reset and Rise Again

## **A Move That Became a Reset**

Montserrat native Nerissa Golden did not plan to relocate permanently to the UK. She travelled to Liverpool for medical reasons, intending to stay only a couple of months. But the moment she arrived, exhaustion caught up with her. She describes those early months as a forced stop – a period where her mind and body demanded rest. What she thought would be a temporary visit became the opening to a new chapter.

## **Releasing Old Expectations**

Work was not the challenge. Nerissa had already transitioned to a digital business model in 2019, so her professional life continued uninterrupted. The emotional shift, however, was significant.

She had long carried a deep sense of responsibility to Montserrat and the work she led in her community. Moving away felt like stepping back from that calling. Over time, she learned to redefine what contribution could look

like from afar and to accept that slowing down was not failure – it was necessary.

## **A New Perspective on Opportunity**

Living in the UK introduced her to an entirely different business ecosystem. She observed how both established and emerging brands operated and quickly realised something important: entrepreneurs across the world face similar hurdles. The biggest shift is not the market – it is mindset. You can live in a larger economy with endless options and still feel held back if your thinking does not evolve. That insight reshaped how she approaches her work and how she sees possibility.

## Adjusting to a Different Rhythm

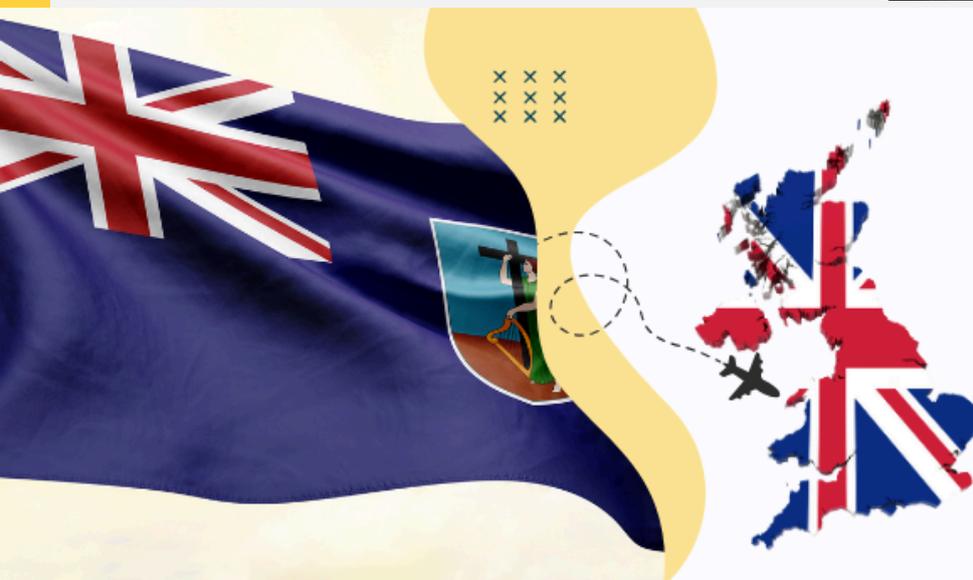
Culturally, Nerissa's adjustments were subtle but meaningful. She initially missed the flexibility of having her own car, but eventually embraced the ease of public transport and spontaneous travel. Her communication style remained rooted in email, something that transferred seamlessly into her new environment. Through these small shifts, she created a rhythm that felt both familiar and refreshed.

## What Home Still Means:

Despite settling well in the UK, Nerissa remains deeply connected to Montserrat. Through Discover Montserrat, she stays updated daily on the island's pulse. Yet what she misses most are the sensory experiences – the sound of rain moving across the mountains and the sunsets that paint the sky in ways no other place can replicate. Those memories continue to anchor her no matter how far she moves.

## Creating Space, Claiming Space

With her children already settled in the UK and her business operating from anywhere, Nerissa has been able to rebuild life on her own terms. Today, she leads Rebel Rock Media Ltd., a digital marketing and content studio crafting Caribbean stories for global audiences. Her journey is a testament to the fact that moving abroad is not only about seeking opportunity. Sometimes it is about granting yourself the space to rest, rediscover and rise stronger.



# NERISSA

*Born in Montserrat, lived across the Caribbean and the USA—now making the UK home.*



# Paul Gulston on Growth, Grit and Building a New Life in the UAE

*Meet Paul  
Gulston*



Some moves are carefully planned. Others unfold because life nudges us toward something bigger. For Paul Gulston, leaving Trinidad and Tobago for the United Arab Emirates was a decision rooted in both aspiration and responsibility. Education opportunities, safer living and the promise of something exciting pushed him to look beyond home. But this move was just as much about family as it was about personal growth – a chance to give his loved ones a broader horizon and a stronger future.

## **Stepping into the Unknown**

Paul's relocation came with all the expected adjustments, from navigating unfamiliar streets to learning a new rhythm of life. Assimilation was his biggest hurdle. Settling down in a country with different social expectations, cultural nuances and ways of communicating required patience and humility. But he faced it the way most Caribbean people do – with openness, curiosity and a willingness to adapt without losing himself.

## **A Wider World of Opportunity**

The UAE opened doors he had never imagined. Professionally, the exposure has been transformative. A wider market. A wider lens. A world where innovation and opportunity intersect daily. Paul often says, "You don't know until you travel and explore," and living abroad has proven that true. Access to new knowledge, industries and ways of thinking has elevated how he approaches work, strategy and long-term goals.

## Learning the Culture and Finding His Balance

Some adjustments were immediate – like the food. Finding ingredients familiar to home took time. And communication had its challenges as he navigated language differences and a variety of accents. Still, he embraced the learning curve.

He learned to maintain his authentic Trini accent while being mindful of clarity and pronunciation, striking the right balance between identity and understanding. Every day became a practice of cultural sensitivity, flexibility and respect.

## Becoming a Better Version of Himself

Living abroad changed Paul from the inside out. He describes himself now as more liberal, more tolerant, more patient and more inclusive. Exposure to diverse people and perspectives made him kinder and sharper at the same time. His worldview expanded – and with it, his intelligence, his confidence and his capacity for growth.

## The Power of Small but Solid Support

In a place as globally diverse as the UAE, Paul's support system became his anchor. His network is small but invaluable. His wife, family abroad and those back home formed a circle that helped him adjust, persevere and thrive. Their presence, even from a distance, grounded him in moments of uncertainty and kept him focused on why he made the move in the first place.

## What Home Still Holds

Though he has settled well into life abroad, Paul admits that two things tug at his heart – family and food. Beyond that, he jokes that he has gotten over the “home tabanca,” settling fully into the life he's building overseas. Trinidad and Tobago remains a part of him, but not a limitation.

## His Message to Caribbean Professionals Ready to Step Out

Paul's advice is as direct as it is powerful: Go brave. Go hard. Do not expect handouts.

Living abroad is challenging. The responsibility will fall on you, your initiative, your discipline, your ability to build connections.

He encourages Caribbean professionals to avoid limiting themselves only to their diaspora. In his own journey, the richest insights and opportunities came from connecting with people from everywhere.



**And perhaps his most important message:**

Do not shrink just because no one looks like you. That is exactly when you should shine.

Paul's story is a reminder that growth often begins the moment we step into the unfamiliar. His journey across borders reflects courage, expansion and the quiet confidence that comes from building a life on your own terms.



**The world expands the moment you  
do. That's the real beauty of  
choosing to live abroad.**



# The Courage to Embrace a New Beginning

*Meet Vimi  
Seeramsingh*

When Vimi Seeramsingh left Trinidad and Tobago for the United States, it was not just a relocation—it was a commitment to possibility. As newlyweds, she and her husband chose to see his engineering opportunity in Iowa not as a disruption, but as an open door. It was the right time because it aligned with what they both desired: a fresh start, a chance to grow and the courage to trust the unknown together.

## **Reinventing Herself Far From Home**

The hardest part of moving abroad was rebuilding her identity from scratch. Everything familiar—her network, her confidence, her rhythm—had to be rebuilt. What helped her push through was embracing the transition as an opportunity for reinvention rather than loss. She allowed discomfort to shape her into a more adaptable, more resilient version of herself. Each challenge became part of her transformation.

## **A New Pathway for Creativity and Entrepreneurship**

Living abroad expanded Vimi's professional vision. Being away from home encouraged her to think differently, trust her creativity and create opportunities where none existed before. It gave her the confidence to write, develop tools and build a business that reflects her purpose. She learned that entrepreneurship thrives not on geography, but on mindset.



## **Adapting With Intention**

Moving to a new country meant learning new norms and navigating systems that worked differently from home. Building her support system one relationship at a time helped her settle. Training with experienced professionals not only sharpened her skills but also played a role in her becoming a #1 International Bestselling Author. Through every adjustment, she held on to the values that ground her.

## **Staying Rooted While Growing Abroad**

Though Vimi misses her family and the familiar rhythms of Trinidad and Tobago, she stays connected through the traditions, food and memories she carries with her.

Living abroad has taught her that staying rooted is not about where you live—it is about who you choose to be, no matter the distance.

## Her Message to Caribbean Professionals Ready to Step Out

Taking the leap will be challenging, Vimi admits, but it will also be transformative. Fear and uncertainty are natural, but they should not be reasons to stay still. On the other side of discomfort lies growth, opportunity and a new version of yourself waiting to emerge.



**VIMI**

*From Trinidad shores to an American life*





*From Jamaica to Canada: A Journey of Caribbean Roots, North American Dreams, and Global Experience.*



# How Renée Blended Style, Strategy and Reinvention in Canada

*Meet Renée Lindo*



When Renée Lindo left Jamaica for Canada, it was not the result of a perfect plan or a carefully timed strategy – it was a decision rooted in confidence, partnership and possibility. After graduating from university in Canada, she and her husband returned home to Jamaica to begin their life together. But when he decided he

wanted to forge his own path and return to Canada, Renée was ready to make that leap alongside him.

She had lived in the United States before and had built a strong corporate career in pharmaceutical sales. So the

idea of starting fresh in a new country did not intimidate her.

Without overthinking timing or logistics, they trusted their education, their experience and their ability to make their way. They simply said, “We’ll figure it out.” And they did.

### **Starting Over Without a Safety Net**

The transition, however, was far from easy. Moving to Canada with a one-year-old and no family nearby meant that Renée and her husband had to do everything themselves – childcare, household responsibilities, errands, school activities. Without a built-in support system, daily life felt heavier.

But they found connection one small step at a time.

Renée made friends through work, mom-and-baby groups, library programs and other Jamaican immigrants forging similar paths. Bit by bit, she built a community that helped their family feel anchored.

### **Professional Expansion in a Bigger Market**

The move to Canada opened doors that simply did not exist in Jamaica. Working in a large, developed market exposed Renée to roles, departments and growth opportunities that broadened her skill set and perspective.

Competing in a fast-paced environment encouraged her to sharpen her skills, deepen her knowledge and expand her professional toolkit. And while she excelled in corporate pharma, something unexpected – and life-changing – happened.

She began to see how her love for style and fashion could become more than a hobby. The combination of her corporate experience, leadership skills and passion for image transformed into her current business as an Executive Image Strategist and Personal Stylist for professional and entrepreneurial women over 40.

She now teaches women how to use style as a powerful business tool – a strategic asset in their career success.

### **Navigating Cultural and Professional Differences**

Living and working in Canada came with significant adjustments, especially in the pharmaceutical industry.

Back home, medical sales reps were valued partners who provided essential updates and information. Access was easier, relationships were warm and mutual respect shaped every interaction.

In North America, it was different. Access to physicians and pharmacists was more restricted, and reps were often perceived as traditional salespeople rather than trusted sources of clinical insight. Renée had to adapt to new expectations, new protocols and a more structured, competitive environment.

The weather posed its own challenges – from learning how to dress for harsh winters to navigating snow, ice and seasonal wardrobe changes. Moving from a tropical climate to a country with four extreme seasons required a complete lifestyle adjustment.

### **Redefining Success and Identity**

Living abroad reshaped how Renée sees success. Growing up in Jamaica, academic excellence often came with a narrow set of “respectable” career expectations – doctor, lawyer, accountant. Fashion and style were not seen as viable career paths.

But living overseas expanded her understanding of what a fulfilling life could look like. She realised that success is not just about prestigious titles – it is about pursuing work that lights you up and creating value through your gifts.

Today, she teaches women to own their narrative, show up powerfully and recognise that their image is the packaging of their personal brand.

### **Finding Community and Staying Connected**

Renée and her family built community through other West Indians, shared gatherings, cultural events and weekly visits to the West Indian store for familiar ingredients. Social media and WhatsApp became lifelines, allowing her to stay connected to family, traditions and celebrations back home.

What she misses most about Jamaica are the simple joys – spontaneous family visits, weekend getaways to the country, time at the beach and the warmth of home. She tries to visit at least once or



twice a year, and family comes to Canada during the warmer months to avoid the brutal winter.

### **Her Advice for Caribbean Professionals Going Beyond Borders**

Renée's advice is grounded, practical and shaped by lived experience:

Before making the leap, understand:

- Your industry requirements
- The cost of living
- Taxes and transportation
- Whether remote work is possible
- How your skills transfer into new roles

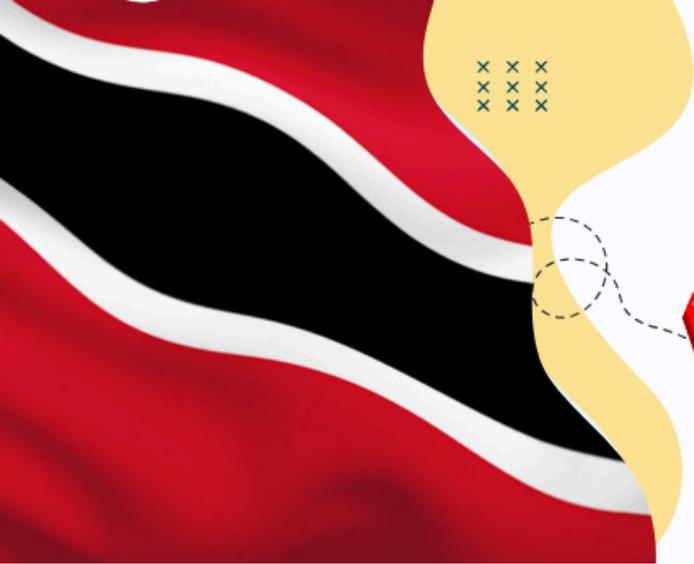
Be prepared to be flexible. The opportunity that first appears may not be the one you envisioned, but your skills, experience and creativity can open doors in unexpected ways.

Most importantly, she says: "Be open to new and different possibilities."

Moving abroad is not just physical relocation – it is reinvention. And if you're willing to embrace it, the journey beyond borders can transform not just your career, but your entire life.

**Relocating teaches business owners  
resilience—the kind you can only  
earn by starting again.**





## Identity, Reinvention and the Power of Courage

*Meet Dr. Farah Ahmed*

When Dr. Farah Ahmed left Trinidad and Tobago, she was not running from home – she was reaching for her fullest potential. After completing her postgraduate studies in Family Medicine with the University of the West Indies and working within the public healthcare system, she felt the limits of what was possible locally. Farah knew she had more to offer, more to learn and more to grow into.

Her decision to move to the Middle East was rooted in expansion – a desire to spread her wings in an environment where she could function at a higher capacity, serve more deeply and step into the doctor, leader and woman she knew she could become.

### **Losing and Rebuilding Identity**

Moving to the UAE was not just a physical relocation – it was a profound emotional shift. Without family, friends or community, Farah found herself grappling with an unfamiliar version of life.



She describes her biggest challenge as losing her sense of identity.

Back home, she was known – by her

community, by her profession, by her culture. Abroad, she became a minority navigating spaces where her background, her accent and her presence were often misunderstood.

But in that unfamiliarity, she did her deepest work.

She leaned into her spiritual connection, explored who she was beneath the surface and rebuilt her identity with intention. Through introspection and resilience, she emerged more grounded, more self-aware and more connected to her purpose.

### **A World of New Professional Possibilities**

Life abroad reshaped Farah's career in ways she could not have predicted. Exposure to new systems, new mindsets and new work cultures expanded her understanding of medicine, leadership and entrepreneurship.

In the UAE and Qatar, she encountered opportunities – and people – that simply did not exist back home.

Surrounded by ambitious, like-minded professionals, she found a network that believed in her work and pushed her forward.

The entrepreneurial energy of the region helped her lean into her natural gifts – teaching, creating, innovating and building.

Living abroad did not just broaden her opportunities; it elevated her vision of what was possible.



### **Cultural Adaptation and Finding Her Voice**

As a West Indian woman in the Middle East, Farah quickly learned that communication required adjustment. Her natural directness – a part of her Caribbean identity – often felt too sharp in corporate settings.

She had to slow down, soften her delivery and adapt her tone without losing her clarity or authenticity.

This delicate balancing act transformed her communication skills, making her more strategic, thoughtful and adaptable in how she expressed herself.

Through these shifts, she discovered that cultural intelligence is not about suppressing who you are – it is about learning how to be understood.



### **Growing Through Gratitude**

Living abroad expanded Farah in every direction. She became more compassionate, more open-minded and more aware of the universal human experience. Challenges she once attributed to her Caribbean upbringing, she now realised were shared across cultures.

That revelation deepened her empathy and reshaped her worldview.

Gratitude became her anchor – gratitude for the opportunities, the difficulties and the growth they inspired.

### **Community, Connection and The Comfort of Home**

While she has found her footing in the UAE, Farah openly admits the thing she misses most: the food.

From doubles to bake and shark, she recreated her favourites from scratch, using seasonings carried from home to keep the flavours alive.

A small but supportive Trini community made all the difference – the people who knew where to find familiar ingredients, how to navigate local systems and where to turn when she needed guidance.

Visits back home keep her rooted and connected to the evolving culture she loves.

### **Her Message to Caribbean Professionals Ready to Leap**

Dr. Farah's advice is simple, powerful and grounded in lived experience:

Be brave.

Do your research.

Keep your mind open.

And remember – Caribbean people shine wherever they go.

We carry with us a richness of culture, passion and discipline that makes us stand out in any environment.

Above all, she says, "Go where you feel guided."

Beyond borders is not just a move – it is a calling. And answering it could unlock a version of yourself you have not yet met.



# Reinvention, Resilience and Owning Your Greatness

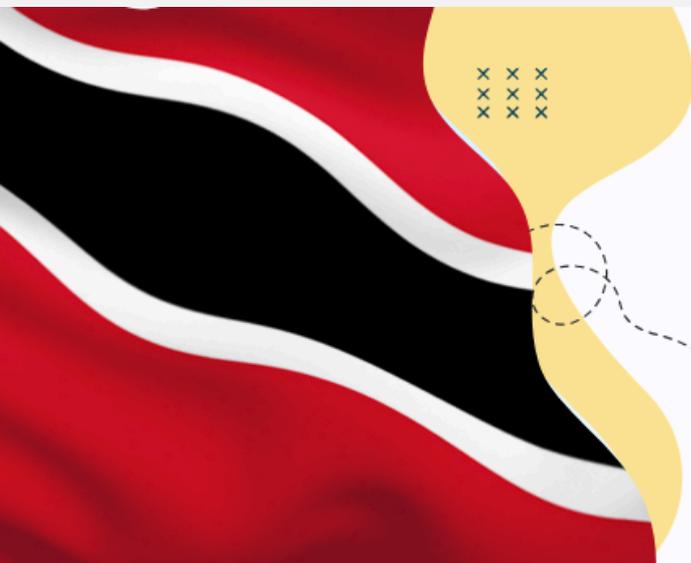
*Meet Resa  
Gooding*

When Resa Gooding left Trinidad and Tobago, she was not running away from home – she was running toward possibility. She had always felt a pull to expand, to stretch, to see who she could become beyond the warm familiarity of the Caribbean. So when the opportunity came to move to Israel, she recognised it instantly for what it was – the doorway to a new chapter. Staying would have meant limiting her own evolution, and she was ready to grow.

## Starting Over From Zero

Relocating to Israel meant rebuilding everything from the ground up. No network. No brand reputation. No familiar cultural norms. She entered a world with a new language, a faster pace and a communication style known for its sharp directness.

In the early days, she sometimes felt invisible – a Caribbean woman, a Black woman, an immigrant stepping into the heart of the tech ecosystem.



## RESA

*From Trinidad to India: A Journey Across  
Continents, Cultures, and Connections.*



But invisibility did not intimidate her. It motivated her.

Drawing on her strengths – relationship building, communication, adaptability and a strong willingness to learn – she rebuilt herself and her career. She said “yes” to opportunities that pushed her, invested deeply in her skills and showed up again and again.

Eventually, she became a recognised force in the global HubSpot ecosystem, built a 7-figure digital marketing agency and trained teams around the world. Starting from zero became the foundation for something extraordinary.

### **Expanding Her Professional Identity**

Israel, known as the “Startup Nation,” redefined Resa’s mindset. The culture of building fast, failing fast and iterating quickly sharpened her approach to business.

Her time abroad helped her:

- Become a subject-matter expert within HubSpot
- Build and exit a successful agency
  - Manage remote teams long before it became global practice
  - Discover a passion for teaching and system-building

Living overseas didn’t just expand her career – it expanded her sense of who she could be.



### **Learning a New Cultural Rhythm**

Moving from the Caribbean to the Middle East required an entirely new level of emotional and professional agility.

Where she came from, communication was warm and indirect. In Israel, it was bold and blunt.

Where she grew up with easy laughter and softness, she now navigated environments where open challenge was normal – even appreciated.

What initially felt jarring became empowering.

She learned to toughen up, to speak boldly, to embrace feedback and to lead with clarity. The professional

culture pushed her into new levels of confidence and resilience.

### **Redefining Success**

Living abroad taught Resa that success is not tied to geography – it is tied to purpose, mindset and courage.

Her philosophy shifted from simply working hard and following the rules to innovating, being visible and building systems that serve others.

Her identity expanded.

Her confidence deepened.

Her sense of purpose sharpened.

And in the process, she discovered her calling: helping people reinvent themselves, reclaim their worth and step into financial freedom.

### **The Power of Community**

Though the journey was personal, she didn't walk it alone. Her professional community, the global HubSpot network, tech colleagues and personal friendships became her grounding force. Their support, along with her own determination and willingness to ask for help, shaped the life she built abroad.

No one thrives alone, she says – and her story reflects that truth.

### **Staying Connected to Home**

Resa's connection to Trinidad and Tobago is woven through her music, her food, her friendships and her values. She misses the warmth of the people, the rhythm of the islands and the humour that colours Caribbean life.

But home is never far. It lives in her traditions, her identity and her gratitude for the culture that raised her.

### **Her Message to Caribbean Professionals Ready to Step Out**

Resa's advice is both powerful and practical:

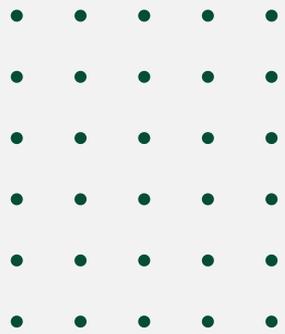
You do not need a perfect plan – you need courage, adaptability and skills that travel well.

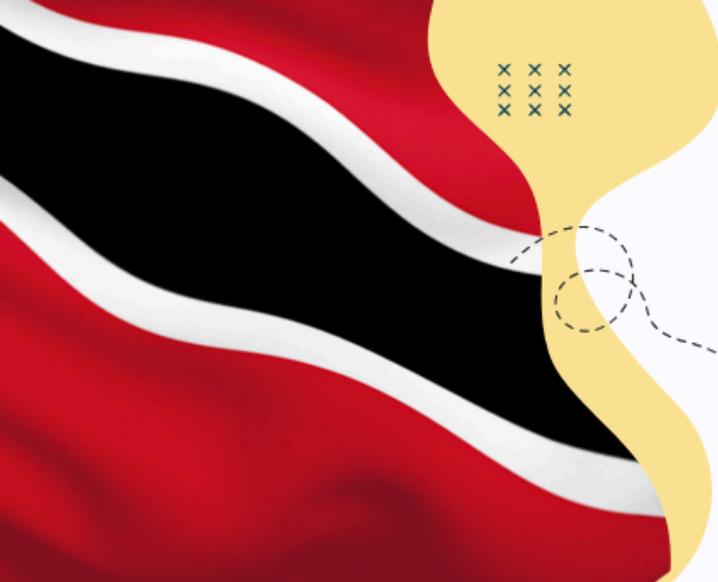
You are not starting from zero – you are starting from experience.

Your Caribbean heritage gives you resilience, resourcefulness and heart.

Success abroad is not about blending in – it is about letting your uniqueness shine.  
If the opportunity presents itself, she says, go.

Do it with intention. Do it with bravery. And trust that every step beyond your borders helps you become more of who you were always capable of being.





# KERON ROSE

Born in Trinidad. Lived in Trinidad and Canada. Now writing his next chapter in Thailand.



# Freedom, Alignment and Redefining Success in Thailand

*Meet Keron Rose*



When Keron Rose left Trinidad, it wasn't on a whim – it was the result of clarity. The economic reality at home had shifted so drastically that even established businesses were struggling to survive. With the foreign exchange crisis tightening year after year, the ceiling for growth grew lower and lower. The tech space, the one industry Keron was deeply committed to, simply wasn't evolving fast enough to match his ambitions. At the same time, rising crime began to reshape his daily behaviour.

He found himself calculating movements, adjusting routines, and living in a constant state of vigilance. "No one wants to live in survival mode in their own country," he said. When he looked at the life he wanted to build, one rooted in innovation, safety, freedom, and global exposure, the Caribbean could no longer support that vision. Asia could. And so, he chose Thailand.

## **A Seamless Transition to a Life He Designed**

Unlike many others who move abroad, Keron's transition was almost effortless. He had engineered his business to be fully digital since 2020, allowing him to work from anywhere. Moving was as simple as choosing a destination, applying for a visa, and booking a one-way flight.

Within two weeks of applying online, he secured his five-year Thailand DTV visa. In the third week, he moved. Just like that. No chaos. No "starting over." No fear – because Keron had already built a location-independent life long before he physically relocated.

## **Living in the World's Fastest Tech Ecosystem**

Asia, especially Thailand, gave him what the Caribbean could not: immersion in real-time innovation. Being in the heart of one of the world's most progressive tech regions didn't just elevate his skill set – it evolved the way he thinks, creates, and leads.

People no longer saw him simply as a digital marketer. Living abroad transformed him into something else entirely – a lifestyle architect, someone who shows others how to build a life that balances work, health, travel, freedom and joy. Every conversation became a doorway into deeper transformation, with people asking: "How do I recreate my life too?"

## **Learning Safety, Ease and a New Pace of Living**

The cultural shifts were less about language or etiquette – and more about lifestyle. What surprised Keron most was the feeling of safety. Real safety. The freedom to walk anywhere, anytime. The ability to fall asleep in public spaces. The comfort of not looking over your shoulder.

That level of safety changes how a person breathes, thinks and creates.

The cost of living created a different kind of freedom too. For the first time, Keron didn't have to say yes to every opportunity. In fact, he says no to 90% of them now – working only on what aligns with his values. The result? Better work, more joy, deeper purpose and a clarity he never experienced in the West.

## **Success Reimagined**

Thailand reshaped Keron's definition of success entirely. In the West, success is often tied to status, possessions, and hustle. But living in Asia taught him that success is a feeling, not a performance.

Success now looks like peace, freedom, ease, alignment, and waking up excited to live – not just to work.

## A Digital Community and a Simple Mindset

Keron's greatest support system wasn't a person – it was information. Before moving, he leveraged the internet, AI tools and global content creators to fully understand life in Thailand.

That preparation made the transition seamless.

And he moved with a simple philosophy:

“I'm not a tree, I can always come back.”

There was no fear of failure, because he wasn't chasing perfection. He was chasing experience. One year later, people now reach out to him daily seeking guidance as they consider making similar moves.

His family and closest friends remain deeply connected to him through video calls, messages and voice notes. And every new country he moves to eventually becomes a travel destination for them, he goes first, they follow.

### Home, Redefined

Keron doesn't miss Trinidad or Canada in the traditional sense. He misses people, not places.

Home, for him, is untethered. It shifts wherever love and connection flow.

### His Advice for Caribbean Professionals Ready to Leave

Keron's guidance is bold, introspective and grounded in truth:



Don't choose a country based on comfort – choose it based on alignment.

Do your inner work before you do your Google search.

Stop limiting yourself to the same three migration destinations.

Explore the other 190+ countries the world has to offer.

Success abroad is not about fitting in – it's about finding the environment that lets you breathe.

When you pick alignment over fear, lifestyle over pressure, and expansion over limitation...

you don't just move abroad – you transform your life.

# Garth Voisin on Accountability, Expansion and the Courage to Want More

*Meet  
Garth Voisin*

For **Garth Voisin**, leaving Trinidad and Tobago was not about dissatisfaction – it was about possibility. Deep down, he knew there was more to his life than the version he was living. He could not fully explain it, but he felt it in his gut: an inner pull calling him to step into a bigger, more aligned world.

The decision to move abroad was a strategic one. He took an honest look at where he was, what he had achieved and what he knew he was capable of. Holding himself accountable became the turning point. Once his mindset shifted and he felt mentally ready, he did not hesitate – he jumped.

## **Learning to Live Without Familiarity**

Moving to the United States meant leaving behind the comfort of everything he knew: the rhythms of home, the cultural ease, the support system of family and friends. Nothing was familiar – and that was the hardest part.

Adjusting demanded resilience. Without a built-in network, he had to navigate new environments, new systems and new expectations on his own.



But Garth has a grounding principle: once he sets his mind on something, he finds a way.

He kept his goals in front of him at all times, letting purpose guide him through the uncertainty.

## **A Mind Expanded by the World**

Travel has always widened Garth's perspective, but living abroad opened him up even more. Seeing how big the world is – how many opportunities exist, how much innovation is happening, how differently people approach life – shifted something in him.

He realised that the possibilities are

endless if you are willing to step outside your comfort zone.

His experiences abroad broadened his business mindset, sharpened his entrepreneurial instincts and strengthened his confidence in creating the life he imagines.

“Highly recommend,” he says – not as a cliché, but from lived truth.

### **Cultural Shifts and New Discipline**

Life in the Caribbean has a rhythm of its own – slower, warmer, softer. In the U.S., everything moved faster. Routines mattered. Schedules mattered. Structure mattered.

Even the small things felt different – like Sunday lunches, a cultural anchor back home that looked nothing like the American version.

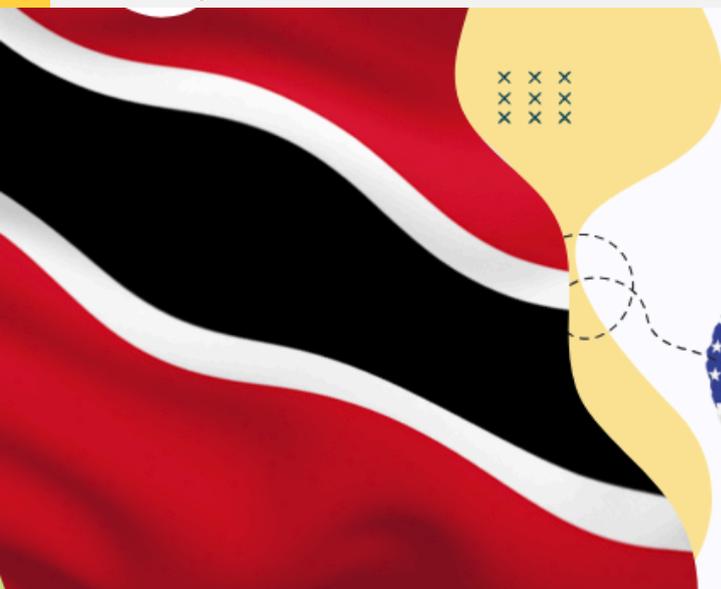
These differences pushed him to adapt, to build systems, to stay organised both personally and professionally.

Change required effort, but it also created growth.

### **Identity Strengthened, Not Lost**

Garth’s time abroad sharpened his identity instead of diluting it.

He says he will always be Trini – that part is non-negotiable.



**GARTH  
VOISIN**

*Raised in Trinidad. Living  
his story in the USA.*

But living abroad gave him a new drive, a hunger to achieve more, an expanded sense of what is possible.

Consistency has always been one of his strongest traits, but seeing how far that consistency could take him in a larger environment reinforced his belief in discipline, vision and self-trust.

### **Creating a New Support System**

Unlike many who migrate, Garth did not arrive to ready-made networks or familiar faces. He had to build everything from the ground up – friendships, community, professional connections.

Living in different U.S. states forced him to adapt constantly and stay mentally strong. He leaned on occasional calls home, but he learned quickly that success abroad requires openness, charm, resilience and the courage to start anew wherever life places you.

### **Still Rooted in Home**

Though he lives on the U.S. West Coast, Trinidad remains close to his heart.

Family is everything to him, and he travels home often. Social media keeps him connected daily, but it is the yearly trips that refill his spirit.

His work as an advocate for Caribbean

men and boys also anchors him to his roots. Through mentorship, storytelling and representation, he carries his culture everywhere he goes.

As he puts it, “*Trini for life.*”

### **His Message to Caribbean Professionals Ready to Go Beyond Borders**

Garth’s advice is clear:

**Do it.**

See the world.

Experience new cultures.

Expand your mind.

Understand how much more you are capable of.

Caribbean people have immense talent, he says, and sometimes it’s only when we leave the region that we truly see how valuable those gifts are – and how widely they are appreciated.

Moving abroad isn’t just a relocation.

It is an expansion.

A sharpening.

A reminder that you are built for more.

**Stepping beyond your borders gives  
you room to grow, breathe and build  
a life aligned with who you're  
becoming.**





# GLOBAL GYAL

From Antigua to six countries, collecting perspectives along the way.



*Meet Alyssa  
Derrick*

4-32



## Global Gyal on Fearless Travel, Cultural Curiosity and Building a Life Without Limits

When Alyssa Derrick, known to thousands online as Global Gyal, left Antigua and Barbuda, she was not chasing escape – she was chasing experience. Her motivation came from a simple but powerful conviction: the time to see the world is now. Not at retirement. Not “when life slows down.” Not after saving for decades.

Now – while her limbs still work, while curiosity is alive, and while life has not yet crowded out adventure.

Her university years in Canada changed everything. She went from a small island population to a campus half that size alone, a multicultural environment that expanded her worldview and ignited her hunger to understand how other people live, think, celebrate and exist. If one country could transform her that much, imagine what six could do.

So she planned. She saved for two years. She aligned her life to make it possible. And when she felt ready, financially and emotionally, she leaped.

Today, she has lived in Canada, New Zealand, Australia, Ghana, Colombia and Indonesia, and is now preparing to return to the Caribbean with a suitcase full of stories, lessons and global wisdom.

### **Learning to Live in the Unwritten**

For Global Gyal, the hardest part of moving abroad was embracing the “new normal” of each country. Every place has its own rhythm, its own unspoken etiquette, its own expectations of behaviour.

What is normal in Antigua, like greeting someone loudly across the street or blasting music proudly, was out of place in countries like New Zealand and Australia.

But in Ghana or Colombia?

She fit right in, blending into cultures that valued vibrancy, community and expressive joy.

Adjusting took patience, but meeting the right people helped. In New Zealand, a fellow Caribbean woman named Mo became her cultural compass, helping her understand the subtle rules, tones and tempos of life abroad.

Without guides like Mo, she says, the journey would have still been possible, just harder.

### **A World That Expanded Her Ambition**

Living abroad didn't just change the way Alyssa lived – it changed who she believed she could be.

Being surrounded by people actively doing, building, experimenting and creating made her realise that possibilities multiply the moment you change your environment.

One day in Thailand, she met a traveller hosting a group tour. Months later, he connected her with a company – and soon she was hosting her own group trips around the world.

Someone else's courage helped unlock her own.

Today, group travel is part of her entrepreneurial journey – something she never imagined before stepping outside her island borders.

### **Becoming More Human – and More Caribbean**

Travel reshaped her mindset and identity. She learned patience, empathy and the ability to give people grace. Cultural misunderstandings are easy; human connection takes intention.

She also learned that success is not universal.

In some countries, success means wealth.

In others, it means family.

In others, it means controlling your time.

Living abroad taught her she gets to define success for herself – on her own terms.

### **Support Systems Across Continents**

Her biggest support came from people, friends, family and even strangers who opened doors across the world.

Friends of friends housed her, picked her up from airports, recommended places to go and offered guidance. Their kindness shaped her global journey.

Facebook groups also became an unexpected lifeline. Before moving to a new country, she joined communities with shared interests, giving her insight, connection and a sense of safety long before landing.



### What She Misses Most

Food.

Authentic Caribbean food – flavours that remind her of home, belonging and comfort. Outside of cities like Toronto, New York or London, access to Caribbean cuisine is limited.

Whenever she gets a home-cooked Caribbean meal abroad, she savours it with gratitude.



It reconnects her to her identity in the most delicious way.

And community? She always finds her people. Caribbean energy attracts Caribbean energy, and she instinctively seeks out island connections wherever she lands.

### A Message From Global Gyal to Caribbean Dreamers

If you've ever thought about moving abroad, she says: Do it. Do it scared. Do it unsure. Do it even if you're not certain how it will all play out.

Whether you stay three months or three years, you will never regret giving yourself the chance to explore the world.



**Travel builds confidence, courage and clarity in ways that staying home never will.**

**The world is wide – and it is waiting for you.**

# THANK YOU FOR READING THE PURSUIT!

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