

Tina Quick is a cross-cultural trainer, writer and international speaker. As the daughter of a military man and the wife of an international public health physician, Tina is an adult third culture kid (TCK) who spent 19 years living in 6 different countries. She is the mother of three TCK daughters raised across four cultures and continents including Asia, Africa, Europe, and North America.

Often referred to as the “Transitions Expert,” Tina is the author of *The Global Nomad’s Guide to University Transition*, the only available resource that offers concrete advice and strategies to help expatriate students deal with the special challenges of beginning university. Her passion is working with students who have been living outside their passport countries but are either making the transition back home or to another host country for college or university.

She is the founder of International Family Transitions, a consultancy with a focus on empowering individuals, students and families to successfully negotiate international relocations through cultural training, seminars, and workshops.