

## B. THE POSTING CYCLE

Rotational employees and their families spend the entire career moving through some phase of the posting cycle. It cannot be short-circuited except by retirement, or a career change.

It would appear from the diagram that this cycle breaks into two tidy halves, that going on a posting is much the same as returning from one. This is partly an illusion. The technicalities of packing, documents and travel arrangements are similar, however, the emotional adjustments are quite different.

**Outbound or exiting**, you are preparing for the unknown. You collect information, read books, watch travel videos and buy maps. You know that you will be a stranger.

**Inbound or re-entering**, you are returning to the comfort of familiar surroundings and old friends. Wrong. Your friends and neighbours have gone on with their lives, Ottawa has grown and changed, the names in the news are all new, the Department has initiated yet another re-streaming and, most of all, you have changed and will never be the same again. Preparations for a successful re-entry begin during the excitement of preparing for the outbound journey. Your assignment overseas is a temporary, if repeated, state of affairs. You will be coming home again. When you say good-bye, make sure people understand you will be back, and keep them reminded with cards and letters, if only once a year.

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