

**What is the topic of the conversation?**

*Understanding Change and the Status Quo*

**What is the essence/key insights from your work?**

- Understanding what issues are possible to be face as expats
- Understanding where you are situated and where you want to go?
- Coaching with expats from expats
- the existence of a plan and set of activities
- replacing complaining with activities
- understanding the situation and orienting the energy

**Who participated in the group?**

*Ilina Hougesen, Peter Sander, Julie Fink, Leonida. 50%-50% adapted to Denmark*

**Who called the conversation?**

*Corneliu Preotu*

**What are the next steps?**

- Improve the vision sent by internet websites and adding the idea of support
- Involve expats in sharing their experience
- Making the activities much more visible
- Create a coaching network