

CASE STUDIES

PURSUING A DREAM

Sophie is a young woman with a passion for music. She has been playing the piano since she was a child and dreams of becoming a professional musician. However, her parents do not support her dream and have urged her to pursue a more practical career.

Sophie feels torn between her desire to follow her passion and her sense of obligation to please her parents. She has tried to compromise by studying music theory in her spare time while pursuing a degree in business administration, but she finds it difficult to balance both.

Sophie is at a crossroads in her life and doesn't know what to do for the best.

TANYA'S PARENTING PROBLEMS

Tanya, a strong single mum living in the UK, faces the daily task of raising two lively children, aged 5 and 7. The energetic pair, seemingly resistant to usual methods of discipline, often tests Tanya's patience. Their playful antics, like turning the living room into an impromptu obstacle course, highlight the challenges of parenting she deals with.

Tanya, committed to creating a loving environment, has tried different strategies to manage their lively behavior. Time-outs, talking things through, and using positive encouragement have all been part of her efforts. Yet, these attempts often fall short, leaving her feeling a mix of frustration and tiredness. The children's resistance to bedtime routines, a nightly struggle disrupting the household peace, adds to Tanya's difficulties, leaving her feeling a bit helpless.

The love Tanya has for her children motivates her to find effective solutions, and she continues to have the spirit of a parent determined to instill discipline and harmony at home. But she needs help.