



CASE STUDY

Andy Russell
Parent to Neurodivergent Child

OVERVIEW

We hadn't tried coaching before and it sounded like a worthwhile approach, one which might really be able to impact the way my son lives. All the other approaches that we had tried previously had not really made a scrap of difference and my son, if anything, was regressing.



BACKGROUND

Before we worked together life was difficult. The worst part was knowing that my son was miserable and sad, and at the same time feeling like I couldn't help him.

He was isolated, unhappy, angry and couldn't see a happy, satisfying life for himself. I wanted him to gain a sense of self-worth and be able to navigate life on his own.

MINDSET SHIFTS



The biggest outcome was realising that my son can change his approach to life and living, and also feeling that he can possibly have a life where he can live independently.

Kanan helped me realise that my approach to helping him was deeply flawed. I'm now much better able to support him.

LONG LASTING SOLUTIONS

After working with Kanan, he is clearly happier day-to-day, less angry, more willing to do things for himself, happier to give things a go.

He's much more likely to respond positively if I suggest something to him.

Things that seemed totally beyond him before are becoming normal — washing his own clothes, keeping his room tidier, keeping the kitchen tidy, putting things away, cooking his own meals, buying his own food.



BREAKTHROUGHS

"Life is easier. My son is progressing and he is much more pleasant to live with. I feel much happier (and less stressed) than I have done for many years."

New levels of fulfillment

What would I say to someone considering doing this?

I'd tell them to go for it.

The progress made to date has far exceeded my expectations.

My son is doing things already that I wouldn't have considered possible before.

