

PARENT CASE STUDY



“
These cards are phenomenal. The questions are so well thought out.”

Anika
Mum to Aarav (9)

A New Adventure: Coaching Cards

The Family

Ishaan, an executive, and Anika, a teacher, are both originally from India. They spent 2 years in Malaysia, then moved to Singapore for 11 years where their son, Aarav, was born and brought up. When Aarav was 9, the family decided to relocate to London due to a great career opportunity for Ishaan.

The Challenges

As a teacher at an international school in Singapore, Anika was very conscious of the challenges of relocation from a family perspective. Anika shared that they were mindful of how the relocation to London could impact Aarav, as he had only ever known life in Singapore. She highlighted the biggest relocation challenges as helping Aarav re-establish routines and supporting him to learn about the culture and expectations in London.

How 'A New Adventure: Coaching Cards for an International Move' Helped

The cards helped Anika to understand the different stages of transition which she found extremely useful. Without the cards, she said the family would have had some gaps in understanding transition. She felt that because the cards covered four stages, including feelings, they helped the whole family to better cope with the emotional journey.

Advice to others who are thinking about using the cards

The family felt that the cards have a great range with extremely well-formulated questions. Ishaan and Anika also appreciated the option to choose a few cards which best suited Aarav's needs at that time. In addition to the cards, Anika commented that specialist consultations for Aarav upon arrival in London really helped with transition.

Buy your own cards



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Relocation is not an easy process but these cards made it easier because of how they helped us to cope with each stage as a family.”

