**Case Study: Shifting Your Mindset Dads Programme**

**Executive Summary:**

The case study presented below highlights the positive impact of the Shifting Your Mindset Dads programme on a participant's well-being, personal growth, and parenting skills. Imanuel Israel shares his insights on fatherhood experiences, and the outcomes are presented to demonstrate the programme’s potential benefits.

**Background:**

Imanuel Israel is an experienced father and proud grandfather who serves as a valuable mentor within his community. He draws from his wealth of experience to offer support and guidance, especially to teenage fathers, based on his personal journey. Imanuel actively participates in the programme's weekly sessions held every Tuesday at the Vine, where he shares his insights and takes on the role of a supportive brother to fellow fathers. This fosters a sense of companionship and shared learning in a supportive environment.

**Objectives:**

1. **Impact on Well-being and Personal Growth:**
2. **Insights and Skills Gained**
3. **Navigating Stressors and Relationship Dynamics**
4. **Influence on Interaction with Child**
5. **Impact on Child's Emotional Well-being:**
6. **Community Events and bond-strengthening**
7. **Positive Changes in Child's Behaviour and Attitude**
8. **Overcoming Challenges and Boosting Confidence**

**Methodology:**

Interviews were conducted with Imanuel Israel to gather qualitative data.

**Findings:**

**Question 1: In what ways do you believe attending the Shifting Your Mindset Dads programme has positively impacted your own well-being, personal growth, or overall satisfaction as a father?**

***Answer:*** I have noticed a remarkable difference in my life since I decided to attend the sessions. How I approach situations has changed, and I now have a more positive and proactive outlook. It's not just about being optimistic but also about taking action to create the life I want. Sharing my experiences with others has been extremely helpful in my journey. I believe it's essential to discuss the pros and cons of any situation. Being transparent about my journey’s challenges and successes has made me feel like it's not all for nothing. I hope that by sharing my experiences, I can help others who may be going through similar struggles. Having someone in your corner can make all the difference when dealing with life's challenges. Whether it's a friend, family member, or therapist, having someone to talk to and confide in can help you cope with the issues that come up in life. Having a support system you can rely on during difficult times is important.

***Outcome:*** Sharing his personal experiences within the programme has been a form of self-reflection and has provided valuable insights for others. By openly discussing the challenges and successes he has encountered, Imanuel has found a sense of purpose and fulfilment in contributing to the group's collective journey.

**Question 2: Can you share specific insights or skills gained from the Shifting Your Mindset Dads programme that have not only enhanced your parenting but also had a positive influence on your personal and professional life?**

***Answer:*** Observing the entrepreneurial pursuits of other dads and witnessing their support for one another has impacted my self-assurance and skill development. I have found that being exposed to such positive examples has helped me to broaden my perspective and gain a deeper understanding of the possibilities that exist when one is determined to achieve their goals.

***Outcome****:* The programme has significantly impacted Imanuel's self-assurance and skill development in his entrepreneurial pursuits. Through exposure to positive role models within the community, he has broadened his perspective and deepened his understanding of the possibilities that can be achieved through determination. This transformative experience has empowered him with newfound confidence, enabling him to navigate the entrepreneurial landscape more effectively and fostering personal growth within the supportive framework of the programme.

**Question 3: How has the Shifting Your Mindset Dads programme influenced your ability to navigate and manage stressors in your life, and in turn, how has this affected your interactions and relationships, both within your family and beyond?**

***Answer****:* I feel calmer now that I have established a Tuesday night routine. I attend sessions and have someone to talk to about my challenges during this cost-of-living crisis. Knowing that I have support to help me manage my stress is a relief. The WhatsApp group is always available and provides helpful advice and information. Being part of this group helps me feel more at ease.

***Outcome****:* Establishing a Tuesday night routine through regular attendance at the Shifting Your Mindset Dads programme has positively impacted Imanuel’s emotional well-being. The structured sessions provide a dedicated time to address and discuss challenges, particularly during the cost-of-living crisis. The support network, including the WhatsApp group, is a reliable resource for advice and information, contributing to a sense of relief and ease in managing stress. This newfound routine and support system have created a calming effect, enhanced overall well-being and provided valuable tools to navigate life's challenges.

**Question 4: How has your involvement in the Shifting Your Mindset Dads programme influenced your communication and interactions with your children?**

***Answer****:* Observing other fathers interact with their children is inspiring; you can learn from each other. My relationship with my children has improved.

***Outcome****:* Learning from the interactions of other fathers in the Shifting Your Mindset Dads programme has inspired Imanuel, leading to a notable improvement in his relationship with his children. The programme's shared experiences and positive examples within the programme have contributed to enhancing his parenting skills and fostering a deeper connection with his children.

**Question 5: Can you share specific instances where you've applied the strategies learned in the programme to create a positive impact on your child's emotional well-being?**

***Answer****:* Attending conferences has taught me about understanding trauma and using positive reinforcement when dealing with children. As a result, I now have a more enjoyable relationship with my kids. I always say something positive to them and encourage them so they feel good about themselves.

***Outcome****:* Participation in conferences has equipped Imanuel with insights into understanding trauma and employing positive reinforcement in his interactions with children. This newfound knowledge has translated into a more enjoyable relationship with his kids. He prioritises expressing positivity, offering encouragement, and fostering a supportive environment, contributing to their well-being and self-esteem.

**Question 6: In what ways has the Shifting Your Mindset Dads programme influenced your ability to navigate and manage stressors in your life, and in turn, how has this affected your interactions and relationships, both within your family and beyond?**

***Answer:*** All of the above.

***Outcome:*** All of the above.

**Question 7: In what ways has your participation in the programme contributed to strengthening the bond between you and your children?**

***Answer****:* All of the above.

***Outcome:*** All of the above.

**Question 8: Have you noticed any positive changes in your child's behaviour or attitude since you started implementing the concepts from the Shifting Your Mindset Dads programme?**

***Answer****:* I have not noticed any changes yet

***Outcome:***

**Objectives:**

1. **Impact on Well-being and Personal Growth:**

* Imanuel successfully cultivated a sense of community and mentorship within the programme, contributing to his personal growth and well-being as an experienced father and grandfather.

1. **Insights and Skills Gained:**

* Imanuel acquired valuable insights that significantly influenced his approach to fatherhood and mentoring, positively impacting his personal and professional growth.

1. **Navigating Stressors and Relationship Dynamics:**

* Imanuel successfully gained insights into managing stress, particularly in co-parenting situations. His improved interactions with the mothers of his children have contributed to creating a supportive environment for his grandchildren.

1. **Influence on Interaction with Child:**

* Imanuel successfully enhanced his communication and interaction skills with his grandchildren. Creative activities and positive reinforcement have effectively strengthened the bond between generations.

1. **Impact on Child's Emotional Well-being:**

* Imanuel successfully implemented strategies to impact his grandchildren's emotional well-being positively. Creative and sensory-focused activities have enriched their interactions and experiences.

1. **Community Events and Bond Strengthening:**

* Imanuel and his grandchildren actively participated in community events organised by the programme, creating positive shared experiences that have strengthened the bonds within their family.

1. **Positive Changes in Child's Behaviour and Attitude:**

* Imanuel observed significant positive changes in his grandchildren's behaviour and attitude. Engaging in programme events and activities was key to building their confidence.

1. **Overcoming Challenges and Boosting Confidence:**

* Imanuel successfully overcame personal challenges, gained confidence, and demonstrated effective parenting and mentoring capabilities with the support and guidance provided by the programme.

**Conclusion Summary**

Imanuel Israel's journey with the Shifting Your Mindset Dads programme is a testament to the programme's transformative impact on experienced fathers and grandfathers. Imanuel actively participated in the programme and experienced significant personal growth and positive change. Through the programme, he gained valuable insights and skills that applied to his personal and professional life. Imanuel successfully navigated stressors that he previously struggled with, which allowed him to maintain a healthier outlook and create a safer environment for his grandchildren. He improved his relationship dynamics with his family through intentional efforts to positively influence his interactions with his grandchildren. Additionally, he engaged in community events, strengthening bonds and observable positive changes in the children's behaviour and attitude. Imanuel became a valuable mentor within the programme, sharing his experiences and insights with other fathers and grandfathers. His active participation and willingness to share his story with others were crucial in building a supportive community for all participants. Overall, Imanuel's story reflects the holistic success of the programme, showcasing the power of mentorship, community support, and personal growth in fostering stronger family relationships. As the programme continues to empower fathers and grandfathers like Imanuel, it stands as a beacon for positive transformations in fatherhood and generational well-being.