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

**Executive Summary:**

The following case study explores the positive impact of the Shifting Your Mindset Dads programme on a participant's well-being, personal growth, and parenting skills. Tashis Tanyanyiwa shares his insights on fatherhood experiences, and the outcomes are framed to reflect the programme’s potential benefits.

**Background:**

Tashis Tanyanyiwa is a single father who cares for his two daughters full-time. He attended a support group to connect with other fathers in similar situations.

**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 Tashis Tanyanyiwa 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:*** Attending SYM has been a valuable experience that has helped me grow in various aspects of my life. As a father, I have gained a deeper understanding of the challenges of parenthood and have become a better person as a result. I can better relate to others facing similar issues and have become more patient. My experience as a dad has also equipped me to assist others in difficult situations.

***Outcome:*** Through attending the Shifting Your Mindset Dads Programme, Tash has experienced significant personal growth and a deeper understanding of the challenges of parenthood. This has translated into improved patience and empathy, enabling him to connect with other fathers facing similar issues. He now feels better equipped to assist others in navigating the complexities of parenthood and finds the experience valuable in various aspects of my life.

**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:*** I have developed the ability to connect with like-minded individuals and prioritise their needs above mine. Additionally, I can now listen to and support those who need it.

***Outcome****:* Attending the Shifting Your Mindset Dads Programme has improved Tashis ability to connect with like-minded individuals and prioritise their needs above his. Moreover, he has developed effective listening and support skills, enabling him to help those who require it.

**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****:* Being with other fathers in our meetings has given me insight into my peers’ situations. This has shown me that I am not alone. I can use these situations to resolve my issues in some cases. I have also learnt how others resolve issues affecting them. (Conflict resolution) which is a great skill to have.

***Outcome****:* Participating in the Shifting Your Mindset Dads Programme has provided Tash with valuable insights into the situations faced by his fellow fathers. This realisation has alleviated the isolation, allowing him to draw upon shared experiences to address his challenges. Additionally, he has acquired valuable conflict-resolution skills by learning from others' approaches to resolving their issues.

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

***Answer****:*  I have also strengthened my relationship with my child and the mother. I now avoid conflict and seek peace when in disagreement. I spend more time with my child. Our relationship is getting better all the time.

***Outcome****:* The programme has significantly improved Tash’s relationship with his child and mother. Through the program, he has learned effective conflict resolution strategies, opting for peace rather than confrontation during disagreements. As a result, he has dedicated more quality time to his child, fostering a continuously improving and positive relationship.

**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****:* The involvement with SYM has given me more time with my child… We now speak more, and I seek more ways to interact with my child. We have started a day of just talking about anything and asking questions on any subject.

***Outcome****:* Participating in the programme has significantly increased Tash’s time with his child. They have established a regular day dedicated to open communication, allowing them to speak more freely and engage in meaningful conversations. This intentional interaction has strengthened their bond and created a positive space for sharing thoughts and questions on various subjects.

**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:*** My relationship with my child has improved a lot through the various activities we have attended together. We have been to fireworks, birthday parties and other events where we have also met with other fathers with their children.

***Outcome:*** Engaging in various activities facilitated by the programme has notably improved his relationship with his child. From attending fireworks displays and birthday parties to participating in other events, they have had the opportunity to connect with other fathers and their children. These shared experiences have not only strengthened their bond but also provided valuable opportunities for social interaction and building a sense of community.

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

***Answer****:* I can notice a significant behaviour change. My child talks to me more and asks questions freely. We trust each other more now because we have a lot of things we have in common. Like sports

***Outcome:*** Tash has observed positive behaviour from his child that is evident. There is increased communication, and the freedom to ask questions has created a more trusting and open relationship. They have discovered shared interests, particularly in sports, fostering a deeper connection.

**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 learnt a lot from this organisation, from trusting people to believing in people. I can now also help other people who have the same issues as I had. I have become a better dad and love to help others. My wellbeing is better and feel very confident. SYM is a wonderful organisation doing small things but producing significant results. My child is always looking forward to their events and meeting other kids.

***Outcome:*** Participating in the programme has profoundly impacted Tash’s personal growth and well-being. He has learned to trust and believe in people and actively supports others facing similar challenges. As a result, his confidence has soared, and he takes pride in being a better dad. The positive changes have extended to his child, who eagerly anticipates the program's events and enjoys connecting with other kids. SYM’s small but impactful efforts make a significant difference in their lives.

**Objectives:**

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

* Tash experienced enhanced personal growth and well-being by actively participating in the Shifting Your Mindset Dads Programme.

1. **Insights and Skills Gained:**

* Tash gained valuable insights and skills through program activities, contributing to both his personal life as a father and his professional endeavours.

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

* The program provided Tash with insights into managing stress and navigating complex situations, leading to improved interactions with the child’s mother and fostering a safe environment for their son.

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

* Tash improved his communication and interaction skills with his child, employing creative activities to strengthen their bond.

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

* Tash positively impacted his child's emotional well-being, particularly addressing sensory challenges through activities like arts and crafts.

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

* Tash and his child strengthened their bond by actively participating in weekend events organised by the program, creating positive shared experiences.

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

* Tash observed significant positive changes in his child's behaviour and attitude, particularly in building confidence through the events organised by the program.

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

* Tash successfully overcame challenges, gained confidence, and demonstrated the ability to handle parenting responsibilities through the advice and support provided by the program.

**Conclusion Summary**

Tash's journey with the Shifting Your Mindset Dads Programme showcases the holistic impact of the program on various aspects of his life. Through active participation, Tash experienced personal growth and enhanced well-being and gained valuable insights and skills that transcended into his role as a father and his professional endeavours. The program equipped Tash with effective strategies to navigate stressors and complex relationship dynamics, fostering a safe environment for his son. Tash's improved communication and interaction skills with his child and creative activities strengthened his father-child bond. The positive impact extended to addressing sensory challenges, positively influencing his child's emotional well-being. Actively engaging in community events organised by the program further strengthened the bond between Tash and his child, creating memorable shared experiences. Witnessing significant positive changes in his child's behaviour and attitude, especially in building confidence, reflects the program's effectiveness. Tash overcame challenges and gained confidence in handling parenting responsibilities, attributing this success to the valuable advice and support from the Shifting Your Mindset Dads Programme. Tash's journey exemplifies the program's ability to bring about transformative changes, fostering stronger father-child relationships and promoting personal and professional growth within the community. As the program continues its positive impact, Tash's experience stands as a testament to the importance of proactive engagement in fatherhood and the support offered by the Shifting Your Mindset Dads Programme. Top of Form

Participation in community events organised by the programme further strengthened the bond between Louis and his son, offering positive shared experiences and contributing to significant positive changes in the child's behaviour and attitude. Overcoming challenges, Louis demonstrated enhanced confidence in handling parenting responsibilities, highlighting the programme's effectiveness in providing practical support and guidance. In essence, Louis Wilks' case exemplifies the holistic impact of the Shifting Your Mindset Dads programme, showcasing how a supportive community, relevant insights, and proactive engagement can lead to positive transformations in fatherhood experiences. As the programme continues to empower fathers like Louis, it serves as a beacon for fostering stronger father-child relationships and promoting well-rounded personal and professional growth within the community.