

The Situation

Lisa Y.*, a financial services call center manager whose mother recently broke her hip is assessing living options with siblings. Up to now, her mother lived independently, but now her safety is at risk.

Meanwhile, Lisa is also worried about her son who is absorbed by video games and social media, unable to follow the day's distance learning schedule and complete assigned work while schools are closed.

The stress of her family issues is causing her to lose sleep, resulting in irritability at work and a growing inability to keep up with work demands.

Employee's Need

- ! Understanding how to communicate with her siblings and come to a mutual agreement on their Mom's living situation.
- ! Formulating a plan to get her son to stop spending so much time on social media and video games without causing a big blowout.
- ! Refocusing on her own needs such as sleep and over-all self care so she is more present and effective at home and work.

*Name changed to protect the identity of the subject profiled

Torchlight Personal Process Workflow™ in Action



Torchlight Recommended Resources



Webinar

- Improving Family Dynamics Among Caregivers
- Self-Care for Maxed Out Parents



Podcast

- Working With Siblings to Coordinate Care
- Teens, Tweens & Social Media, A Crash Course, Part 1



eGuide

- Managing Your Child's Screen Time
- Housing Options for Older Adults



Tool

- Daily Screen Time & Activity Log
- Home Safety Assessment

Testimonial

"Please continue to do work such as this. It is excellent. The tools definitely empower us with information to not only make decisions, but to also move forward more efficiently -- big de-stressors for me and my family."

~ Lisa Y., Call Center Manager

Outcomes

- ✓ Productivity Increase
- ✓ Stress Reduction
- ✓ Retention & Loyalty Boost

To learn more about Torchlight, please contact us at caring@torchlight.care or www.torchlight.care

