

Case studies



Lauren and Sylvie

Lauren and Sylvie have been together for ten years and have a baby girl called Willow. At the moment, Lauren works full time and Sylvie takes care of Willow at home. Sylvie had to give up her job to look after Willow, but she wants to go back to work when Willow is old enough to go to nursery.

- Who or what are they committed to?
 - How do they demonstrate their commitment?
 - What kinds of challenges might their commitment face?
 - What might be the benefits to them of their commitments?
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Arjun and Ikeira

Arjun and Ikeira have been married for two years. They run a family business together, and are saving up to buy their first house.

- Who or what are they committed to?
- How do they demonstrate their commitment?
- What kinds of challenges might their commitment face?
- What might be the benefits to them of their commitments?





Ella

Ella is 15, and she wants to be a manga artist. She draws cartoons every day and posts them on Instagram to share with her followers. She is learning Japanese and would like to travel to Japan to study. She works in a shop at the weekends to save up for this.

- Who or what is she committed to?
 - How does she demonstrate her commitment?
 - What kinds of challenges might her commitment face?
 - What might be the benefits of her commitments?
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Dan

Dan is in the squad of his swimming club. He swims at 6am every morning before school and takes part in club competitions. One day he would like to swim for Great Britain in the Olympics, but he also wants to pass his GCSEs.

- Who or what is he committed to?
- How does he demonstrate his commitment?
- What kinds of challenges might his commitment face?
- What might be the benefits of his commitment?



Tess

Tess has three children who are at primary school. The children's grandparents help look after the little ones after school and in the holidays when Tess is at work. When Tess's parents are away, she looks after their house and feeds their cat.

- Who is committed to who?
- How do they demonstrate their commitment?
- What kinds of challenges and tough times might these commitments face?
- What might be the benefits of these commitments?