



Testimonial

Eva Tarabichi

Life Coach

Dear fellow (tired) parents,

Within very few sessions Isabelle has completely turned our family's life around. Having a 3.5 year-old and a 1.5 year-old became increasingly difficult on us parents, as more and more months passed by without any improvement in our younger son's sleeping habits. He would take an hour at least, to fall asleep - only in our presence and while fiddling around in our hair, of course- both at nap-time and in the evening, only to then wake us up several times throughout the night. Our careers were starting to suffer, but also the mood at home and the patience with our kids during the day: on quite a few occasions everyday life felt unmeasurably difficult, simply because we were so sleep-lagged. If you are looking into getting help, I probably don't need to describe the devastating effects of long-term sleep deprivation.

Isabelle was recommended by a friend and before taking the step to contact her I was doubtful if she could help: After all the books and articles I had read? And all the methods I had already tried? Would this be another thing that would just disappoint our sleep-deprived selves even more?

Far from it: Isabelle knows what she is doing. She brings along a lot of empathy, knowledge, time, patience and solution-focused thinking. She takes the time to assess your individual situation and get to know all the people that are involved (in our case: our boys, myself, my husband and our au pair girl!) and thus presents you with exactly what is needed for you to get to a better situation. In short: It is a tailor-made approach that takes into account your child's abilities and developmental stage as well as your own behaviour and capacities. I appreciated her factual explanations and especially her methods, which started by changing my behaviour towards our son during the day time, when it was much easier to apply everything she taught me. In this way, my son and I learned to adapt our behaviours. Once this was accomplished, I was able to change my behaviour towards our son during the nights, and he had learned to deal with his frustrations and to accept what I was telling him. Your situation and needs might be completely different from our family's, but I am certain that Isabelle will have the right methods up her sleeve to also help you.

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