

Yasmin One-Page Profile



What people appreciate about me

- A good mother
- A good daughter
- A thoughtful friend
- A great organiser
- A great cook

What is important to me

Being organised at home and work and being seen to be coping.

To be a good mother to my two teenage children and to make sure they aren't suffering too much as we go through this very difficult time together.

I love to cook and try out new recipes, I take great pleasure in people enjoying my food.

Helping my kids succeed at school and college and making time on in the evenings to prepare for their exams.

Knowing that my parents are there for me. I love having Sunday Lunch with them and my sister every week.

Knowing that I am working at my best and have done a good job.

How to best support me through the divorce

Listen to me! Give me time me to talk about what the kids and I are going through. I always feel better when I have gotten things off my chest.

Keeping my spirits up by phoning or texting me every day.

Allowing me "alone" time such as my twice weekly walks with the dogs in the countryside which help me relax and going to the gym at least three times a week.

Watching funny films on Sky Box Office with me to make me laugh.

I can feel very anxious about all the changes that we are going through. Getting good legal advice to reassure me that my plans are solid.

I feel I'm not coping well with my job at the moment, ask me what I can do for myself to help me feel on top of things.