

What to expect from the call

- A relaxed, informal conversation lasting around 20 minutes.
- Complete confidentiality. Your input will remain private unless you ask to be credited.
- A safe and judgment-free space to share your thoughts and experiences openly.
- Thoughtful questions designed to explore your relationship dynamics and challenges.
- No judgement, no advice – just genuine interest in your story.

What I'm looking for

- Examples of how your career impacts your relationship, whether positively or negatively.
- Specific challenges you've faced in maintaining emotional connection with your partner.
- Moments where balancing work and family life felt overwhelming or unmanageable.
- Experiences with communication breakdowns and how they affected your relationship.
- Insights into how stress, time constraints, or differing priorities have created tension.
- Honest reflections on what you feel works well in your relationship and what doesn't.
- Any lessons or realisations you've had about navigating long-term relationships.

Example questions

- What would you say are the 2 most common topics that lead to a discussion?
- How do you express love and appreciation to your partner?
- How much do you feel appreciated by your partner? (to rate from 0-10)

Who can contribute

- Men currently in a relationship older than 3 years, regardless of its state:

PIT OF HELL

WE'RE OK

CLOUD 9

How to get involved

- Schedule a call via Calendly: <https://calendly.com/puyadelavar/casestudy>.
- Or reach out directly at casestudy@puyadelavar.com Or DM me LinkedIn.



In an effort to ensure men's perspectives are better understood, this study seeks to explore the unique challenges and experiences faced in long-term relationships, with a particular focus on professional leaders.

By sharing your perspective, you can help uncover common struggles, from balancing career demands to maintaining emotional connection, and contribute to valuable insights that are rarely discussed but deeply important.