Jean-Pierre has a problem. What can he do?

Jean-Pierre has too much to do. He works every day and three nights a week. On two evenings when he doesn’t work he goes to English class. Jean-Pierre has three kids, but he doesn’t see them much. Usually when he gets home he’s exhausted and wants some quiet time to himself. He watches TV while the kids have dinner. Often when he feels relaxed enough to be with his kids they’re already in bed.

Jean-Pierre isn’t happy. He wants to spend more time with his kids and having a better relationship with them. What can he do?