



True Colors®

TRUE COLORS PARENTING

“Help! My child is an alien! I can connect with my eldest child but not the youngest!

What do I do?”

...These are words we've all used at some time as parents. True Colors® can help to resolve many of the family conflicts experience during the parenting years.

Respecting and cherishing each member of the family for who they are is at the heart of creating a harmonious family life. When you understand your own temperament and the temperament styles of your children, you gain insight into how to parent each child in ways they will naturally respond to and accept according to their True Colors®.

Programme Outline:

- Run as a series of 6 evening sessions with parents who are experiencing similar challenges with their children – at any and every stage of development.
- **Session 1 – Who Am I?**
Discovering your Own True Colors spectrum – your strengths, values, joys and needs.
- **Session 2 – Who Are You?**
Discovering the True Colors spectrum of your partner who is sharing the parenting responsibilities with you and how this impacts your relationship.
- **Session 3 – Who are They?**
Developing an understanding of the personalities of your child/children and their strengths, needs, joys and values and how this may differ from your own spectrum or profile.
- **Session 4 – So What Do We Do?**
Putting yourself into your children's shoes and seeing yourself from their perspective – developing an understanding of the children who are different from you and how you need to BE as a parent to support their needs and maintain a positive household environment.
- **Session 5 – How is it Working?**
Discussion groups about how you are changing the environment at home using the True Colors approach to parenting. Reviewing what works well, what doesn't and what needs to change or be maintained to sustain the changed environment. Includes feedback from the children about what's changed for them.
- **Session 6: Sustaining the True Colors® Parenting Approach:**
Working in your parenting pairs agree strategies and approaches which will sustain the new approach to parenting to sustain the learning from the programme. Create parenting buddies who can help you to maintain your approach and continue to share ideas and learning.

The True Parenting Programme enables you to:

- ❖ Discover your True Parenting style
- ❖ Deepen the parenting relationship you share with other adults in the family
- ❖ Understand and appreciate how personality differences lead to various behaviours of children
- ❖ Recognise the values, joys, strengths, stressors and frustrations of each child's personality type
- ❖ Learn new methods to build and promote self-confidence in your children
- ❖ Deepen family relationships and create a more harmonious home environment

For More Information About True Colors and Parenting

Please e-mail info@truecolorsuk.com