

Skillful Parenting Using Psycho-Geometrics®

Trainers Kit



Welcome and Introduction

Welcome participants to the workshop and give a brief introduction to yourself and your background with *Psycho* -Geometrics

Introduction of Participants:

Participants can introduce themselves by stating their name and sharing with the group their objective of attending the program.

Explain that this session will help participants determine their individual personality as parents and recognize their inherent strengths, weaknesses and preferences. Understanding oneself is the first step in skilful parenting, and increasing the ability to successfully communicate and relate to children.

Introduce Psycho-Geometrics, a powerful and scientific system developed by Dr. Susan Dellinger which allows one to decode personalities using geometric shapes.



ACTIVITY # 1



Allow a couple of participants to share their list in the larger group. Alternatively, you can also ask

participants to form pairs and share their lists with their partners.

After the sharing, ask the participants to keep the list aside and that you would be revisiting it later



What is Psycho-Geometrics®?

Explain:

- Psycho-Geometrics® is the science of understanding people and the art of communicating with them. This concept is the brain of Dr. Susan Dellinger, who has presented it to over half million people worldwide!
- It is a powerful system that is based on two areas of scientific study:
 1. Human Personality
 2. Brain Function

{ Display slide 4: Human Personality }

Explain

Carl Jung, born on July 26, 1875 had a vital influence on the study of human behaviour and personality types. The psychologist has been eminent in the world of psychology throughout his career, until his death in June 6, 1961.

Carl Jung established a theory, which saw human personality in the form of 'types'. The types categorized by Carl Jung are present in all of us e.g. introvert and extrovert. However, we develop certain dominant traits and characteristics, which defines our personality- the way we think, feel and behave in the world that is unique and consistent to us.



Carl Jung's work has had a significant influence on the creation of 'types' in Psycho-Geometrics

{ Display slide 5: Brain Function }

Explain

Brain chemistry determines how we think, behave, see the world and act within it. People are either primarily right brain thinkers or left brain thinkers; that is they primarily process information on that side of the brain.

- Left brain thinkers are logical, detail-oriented and sequential.
- Right brain thinkers -are creative, receptive and emotional.

The shapes in Psycho-Geometrics system, indicates either a predominance of left or the right side of the brain, which influences the way people think, feel and behave.

As we unfold the understanding of the shapes, we will talk more about the brain function and how it applies to shape personality.



Pick a Shape

{ Display slide 6: Pick a Shape }

Explain that, before delving deeper into Psycho-Geometrics, participants will select one of the five shapes displayed on the slide that they feel most describes themselves.



Explain

Whichever shape you have placed in slot #1 could define your personality

Ask:

How many of you have chosen shape of a box as primary Slot #1?

Ask:

How many of you have chosen shape of a triangle as primary Slot #1?

Ask:

How many of you have chosen shape of a rectangle as primary Slot #1?

Ask:

How many of you have chosen shape of a circle as primary Slot #1?

Ask:

How many of you have chosen shape of a squiggle as primary Slot #1?

This is a fun exercise and gives the facilitator a sense of the group.



Section 1

The Shapes: An Overview

Let us now dive deeper in the understanding of the shapes. It would be interesting to see if you can relate to the characteristics of the shape, and the order of your preference from the earlier slide.

(Display slides during the following presentation and discussion.)

Present the dominant traits of each shape followed by specific details of that shape as a parent.

{ Display slide 7: The Box }



THE SQUARE/BOX IN A NUTSHELL

The Square is the most organised of all shapes. They are structured, logical, planned and need life to be predictable. Boxes are most dependable of all, and once they make a commitment, you can count on it. Two of the most positive traits of a box are patience and perseverance. Give the box a job and he/she will get it done! They are meticulous and pay a lot of attention to details.



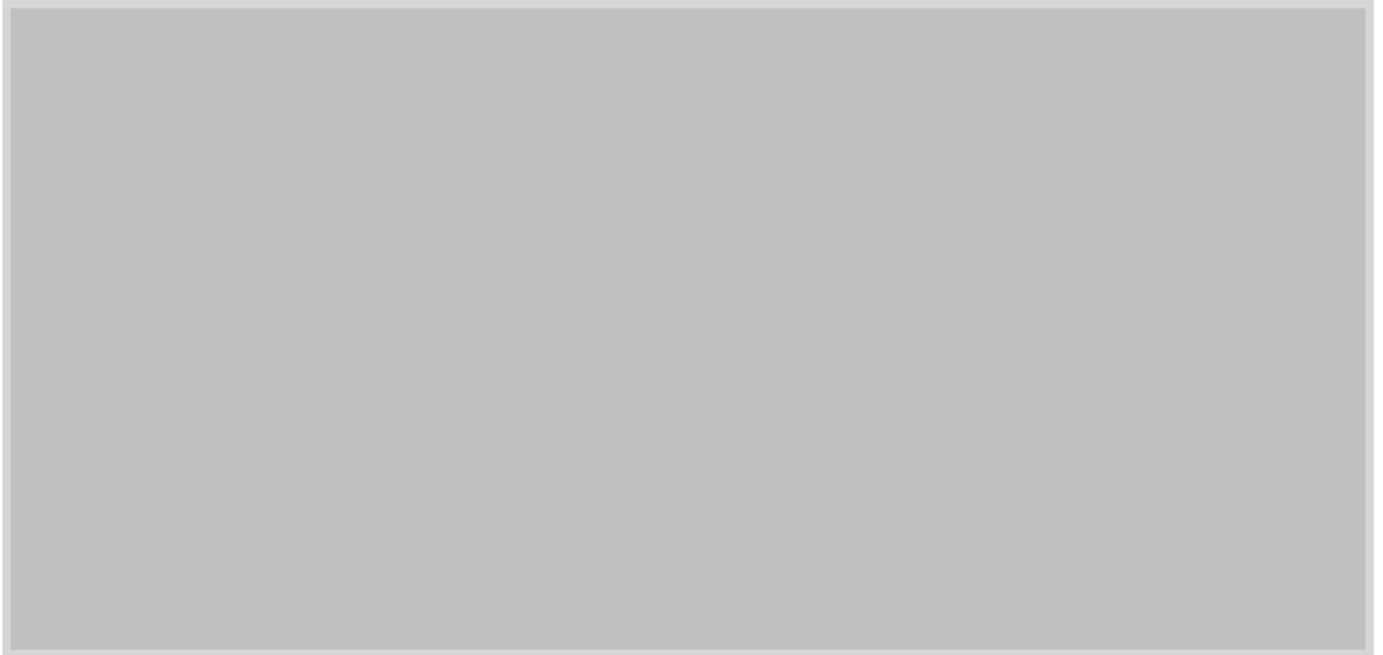
{ Display slide 8: The Box Parent }

Now let us look at the characteristics of a SQUARE PARENT



Being **structured** and **detail oriented**, a square parent would like to





important to not to ask for quick decisions, because they need time to think things through.

(You can also put these traits up on flip chart, so that participants can refer to it later)



{ Display slide 9: The Box Parent }

Negative Traits of a BOX Parent

- Seen as Rigid



{ Display slide 10: The Triangle }



THE TRIANGLE IN A NUTSHELL

As the shape indicates, the triangle is ambitious and his/her focus is at the top. Of the five shapes, triangle represents leadership. This is the most valuable trait of a triangle, the ability to focus on the goal of the

Triangles like to display their achievements. They want to have the best of things as it makes them feel successful.

{ Display slide 11: The Triangle Parent }

Now let us look at the characteristics of a TRIANGLE PARENT

expectations.



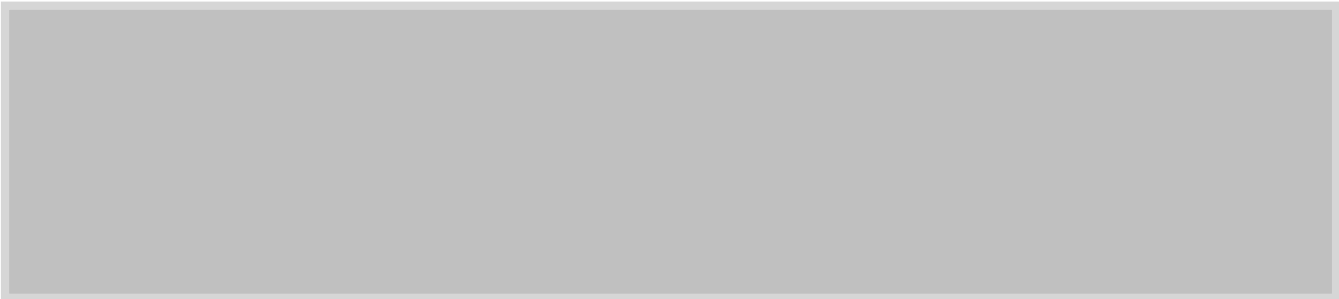


long as they meet the triangle parent’s expectations, they are happy to give them the freedom and let them self-manage.

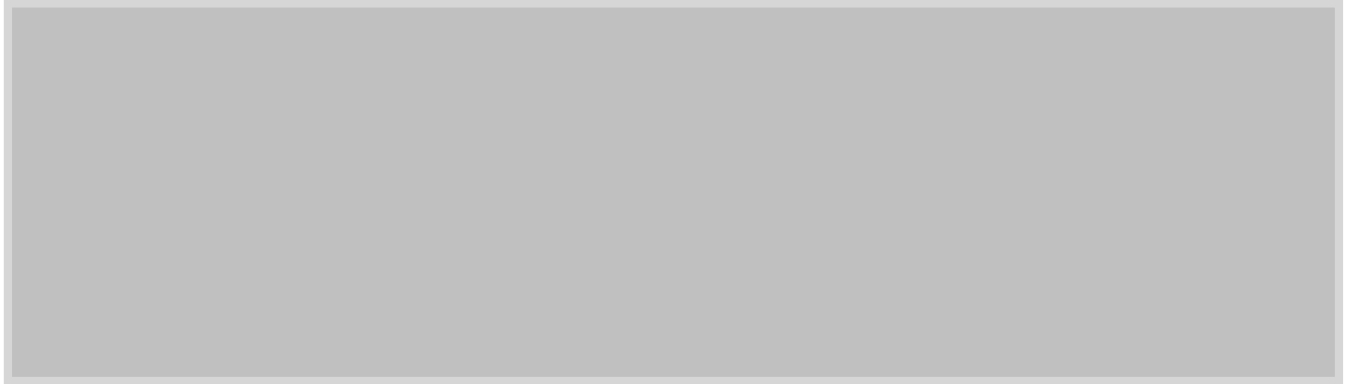
{ Display slide 12: The Triangle Parent }



Positive Traits



Negative Traits



Ask the participants;

How many of you resonate with the characteristics/traits of a Triangle?

Do you find yourself connecting with some of the description of the Triangle parent?

{ Display slide 13: The Rectangle }

THE RECTANGLE IN A NUTSHELL



The rectangle symbolises change and a person in a state of transition. This is someone who is dissatisfied with life now and is searching for a better situation. The rectangle person does experience a lot of confusion as they pass through the transitional period and it is a rocky road for them.



One striking characteristic of rectangles is their unpredictability. They experience change on daily basis. Often people around them can find it difficult to deal with their mood swings and changing decisions.

{ Display slide 14: The Rectangle Parent }

Now let us look at the characteristics of RECTANGLE PARENT

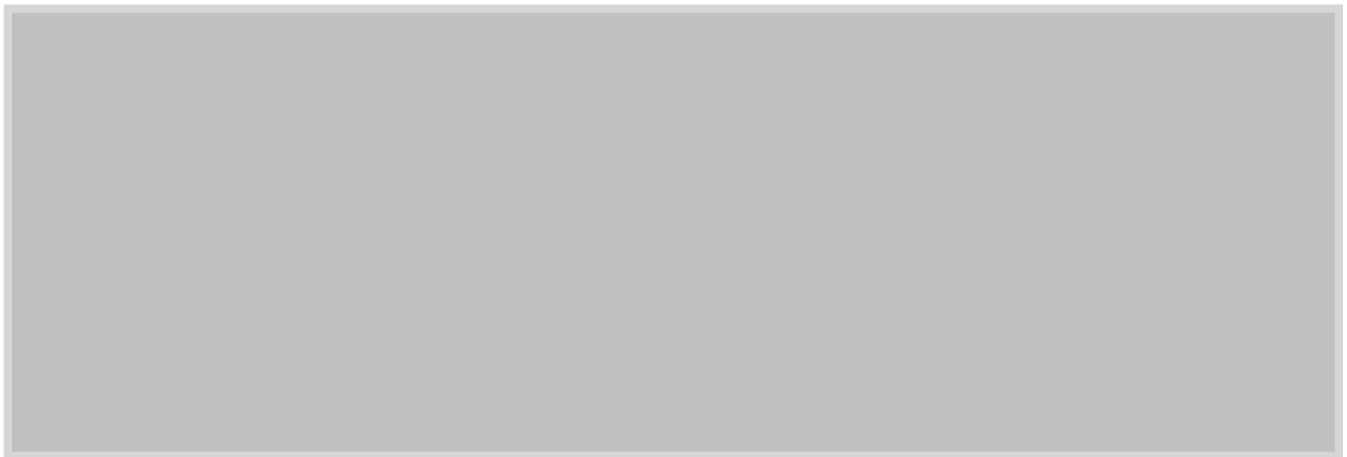
Remember....the Rectangle period is temporary and it will pass!

Many of these demands can seem overwhelming. Your child may also be an easy target to face some of your frustrations



Some things that can happen..

- Rectangles are often seeking out new friends rather than spending time with loved ones.
- Rectangles need to watch their health. Sometimes headaches or digestive complaints can exaggerate in this phase.



Ask the participants;

How many of you can connect with some of the description of the Rectangle parent? How many of you have someone in your life who might be a Rectangle?



{ Display slide 15: The Circle }



THE CIRCLE IN A NUTSHELL

Geometrically the Circle is the mythological symbol for **harmony**. Their core motivation is love. Their focus is to smooth the waters and keep the peace.

The circles are most friendly of all the five shapes. Circles are great communicators, wonderful listeners, tend to establish empathy very quickly and also 'read' people very well.



{ Display slide 16: The Circle Parent }



Now let us look at the characteristics of a CIRCLE PARENT

Circles parents love to be known as friendly and caring. A Circle parent will actually feel the pain of their children, when they are sick or feeling



{ Display slide 17: The Circle Parent }



Positive Traits

A large, empty gray rectangular box for writing positive traits.

Negative Traits

A large, empty gray rectangular box for writing negative traits.

How many of you resonate with the characteristics/traits of a Circle? Do you find yourself connecting with some of the description of the Circle parent?



{ Display slide 18: The Squiggle }



THE SQUIGGLE IN A NUTSHELL

Squiggles are the most creative of all the five shapes! They are interested in the world of ideas. They futuristic and focussed on what is possible rather than what was in the past. They look at the big picture and the process often miss out the details.

Squiggles are very expressive and excited (especially when it's a new idea) and very spontaneous. They love surprises and are easy to adapt to new things. They are adventurous, rebellious and love to try out new things.



{ Display slide 19: The Squiggle Parent }

Now let us look at the characteristics of a SQUIGGLE PARENT



The Squiggle parent needs to have a creative outlet (work or hobby) that fills his/her personal need, otherwise can get frustrated and unstable.



{ Display slide 20: The Squiggle Parent }



Positive Traits

- Fun and excitement



Trainer's Note: Do not give out workbook until after your presentation is finished. If participants are reading the pages they will not be listening to you or to the group's discussion.



ACTIVITY # 2

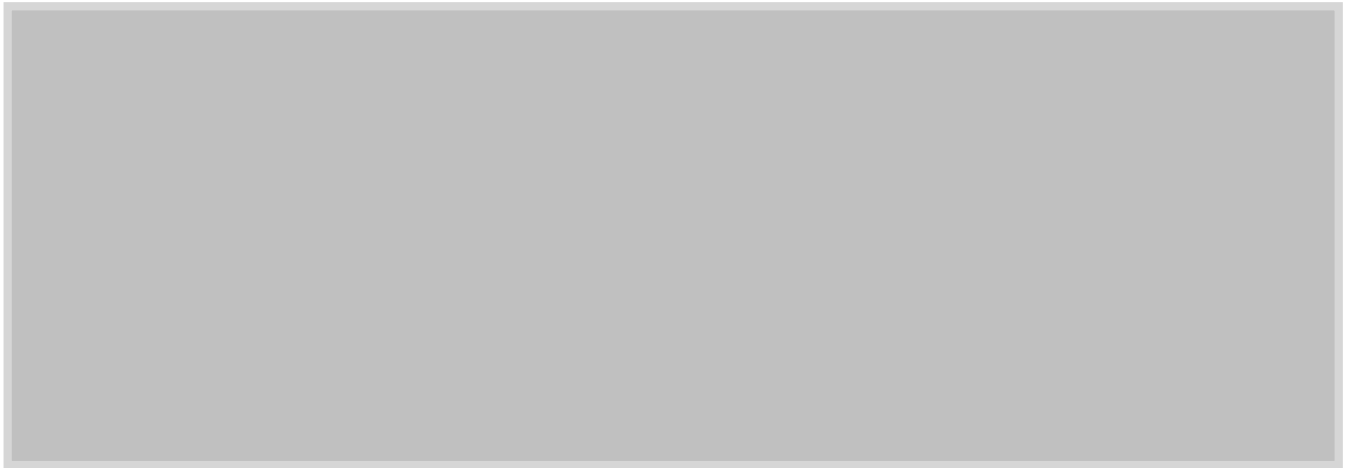
PART ONE

Ask the participants to go back to the Exercise on Pick A Shape. Ask them to look at the ranking that they have given to the shapes.

Instruct



PART TWO



PART THREE

Divide the participants into pairs/triads. Ask them to discuss the following with their partner



Encourage some of the participants to share their insights with the larger group.



Break



SECTION 2

Activity # 3

Welcome the group back after the break. Instruct the group to form pairs

Ask them to write down certain dominant traits of their child that best describes their behavior. Ask them to write their strengths as well as limitations. Encourage them to share it with partners, using examples and explore what could be the dominant shape of their child

Allow some time for discussion and sharing in the larger group.



Exploring The Shape of your Child

{ Display slide 22: The Box Child }



Your Square/Box Child:

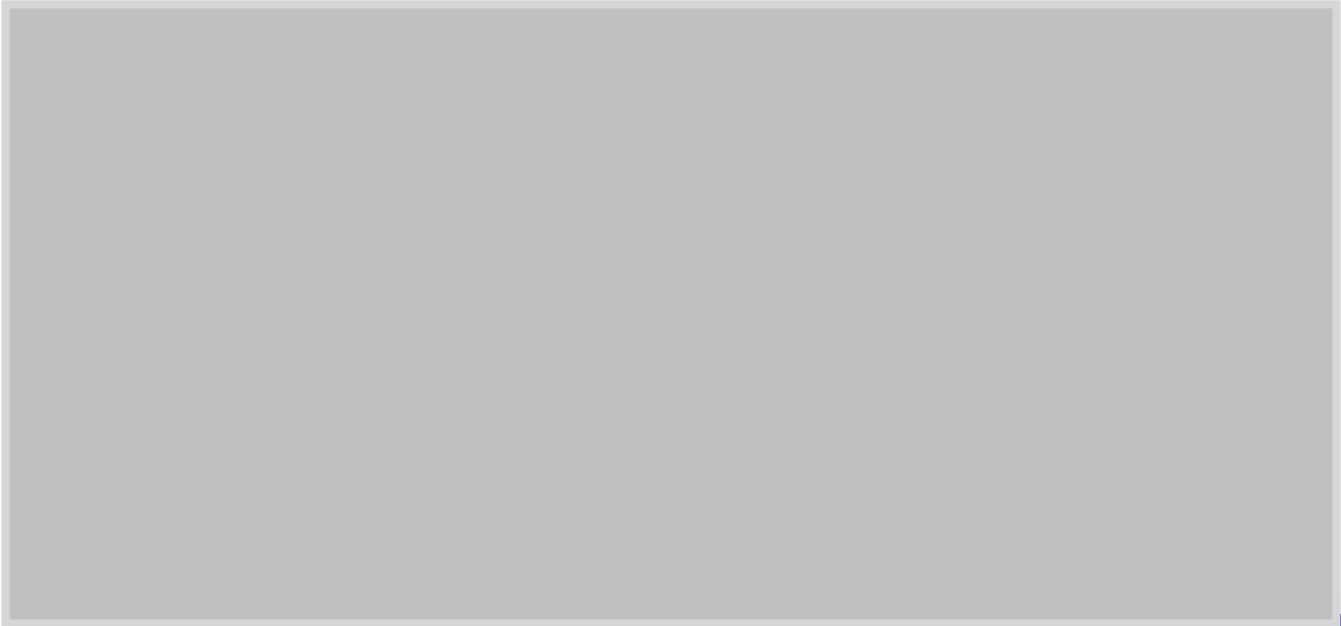
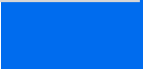


- They might be loners and have one or two close friends. It is unlikely that your box child will have loads of friends, sleep overs and parties happening!



A Square/Box child under stress:

A Box child under stress behaves complete opposite to his/her normal self. They become disorganized, suffer from disturbed sleep, get impulsive, chatter needlessly, become critical and nit-picking, aloof and



{ Display slide 23: The Triangle Child }

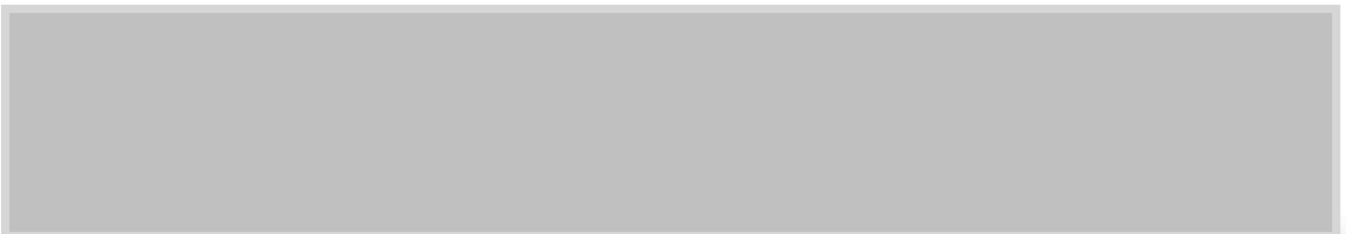


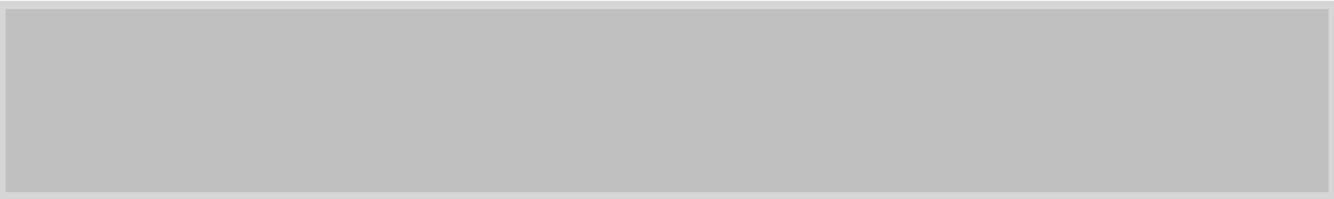
Your Triangle child:



Some Key Characteristics of a TRIANGLE Child

- Good grades
- Have an opinion about everything!





A Triangle child under stress:



(Encourage some large group sharing.)



{ Display slide 24: The Rectangle Child }



Your Rectangle child:



Some Key Characteristics of a RECTANGLE Child

- Low performance in studies. Inability to focus as there is too much going on inside of them



- A Rectangle child experiences a lot uncertainty, confusion and are unsure about everything



Ask

How many of you resonate with the characteristics of a Rectangle child?

How many of you know a 'rectangle' child in your life?



{ Display slide 25: The Circle Child }



Your Circle Child:

The Circle child is a loving and caring child. Circle children are the friendliest of all the shapes and more often are the stabilizer and harmonizer of family & friends. Their happiness depends on smooth relationships around them. When everyone is happy, they are happy.



Some Key Characteristics of a CIRCLE Child

- Express affection openly
- Cooperative and helpful

A Circle child under stress:



{ Display slide 26: The Squiggle Child }



Your Squiggle Child:

Squiggle children are full of constant activity. There is something new and exciting every day. They are intelligent (sometimes even genius-level



WARNING! For the organized traditional Parent; a Squiggle child will drive you nuts!



Some Key Characteristics of a SQUIGGLE Child

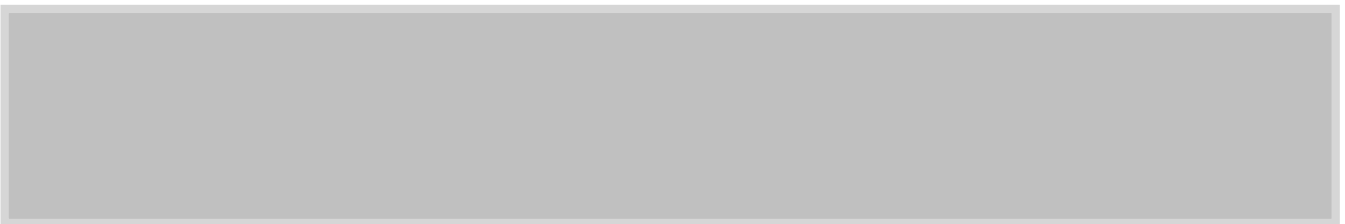
- Messy Room

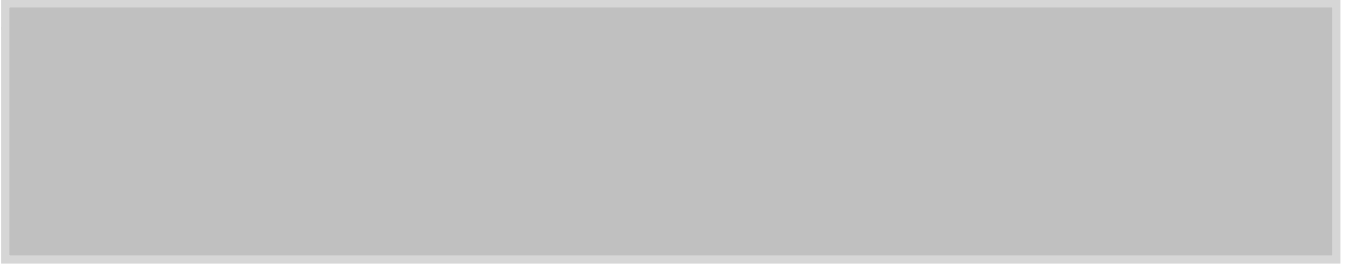


A Squiggle child under stress:



Squiggle child's major source of stress is a routine, mundane and predictable life. He/she cannot survive in the boring everyday rut of existence.





Ask

How many of you resonate with the characteristics of a Squiggle child?

How many of you know a 'squiggle' child in your life?

(Encourage some large group sharing.)



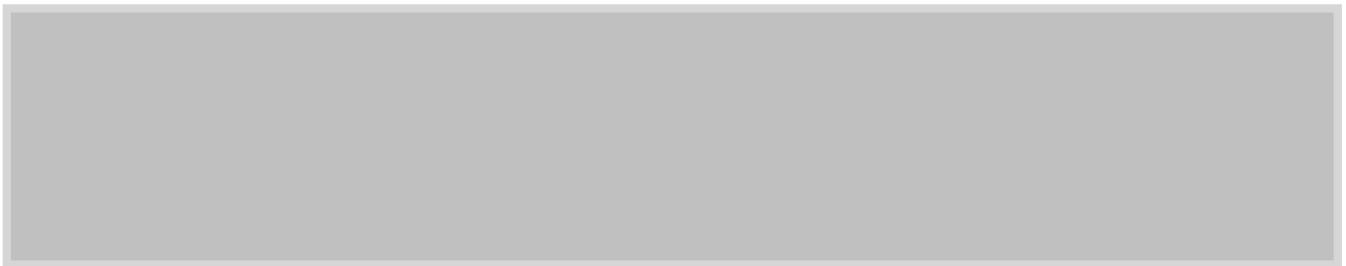
Activity # 4 – Identifying The Shape of your child

{ Display slide 27: Shape Identity Map }

Given the information that you have now, the important thing is to identify the dominant shape of your child. What could be secondary shape of your child?

{ Give Shape Identify Map Handout }

Hand out the 'The Shape Identity Map' to all the participants. Ask them respond to the questions in the following manner



Step 2:

- Tick mark the shape beside each name (on left side of the page) that best describes that child



Step 3:

Explain

Our children might have a dominant shape that is different from ours.

We tend to be most comfortable when our children are the way we want

Step 4:

Direct participants to:



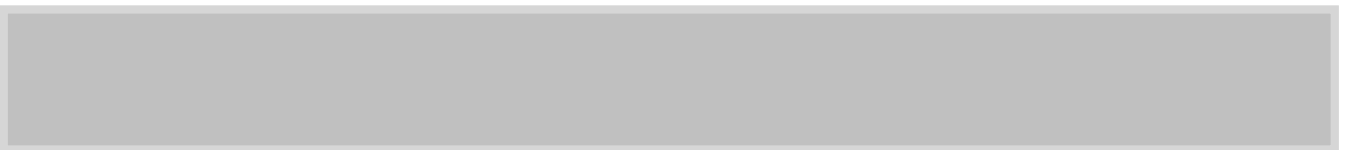
Step 5:



Step 6:

Partner Sharing

Once the participants finish writing, ask them to find a partner. The partner can be ideally someone whom they have not worked with yet.



Activity # 5 - Communicating Despite Differences

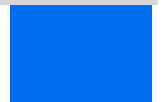
Divide the participants into 3/4 groups (depending on the number of participants). Give the following set of instructions to each group. Ask them to discuss within the group and come up ideas.



Group #1

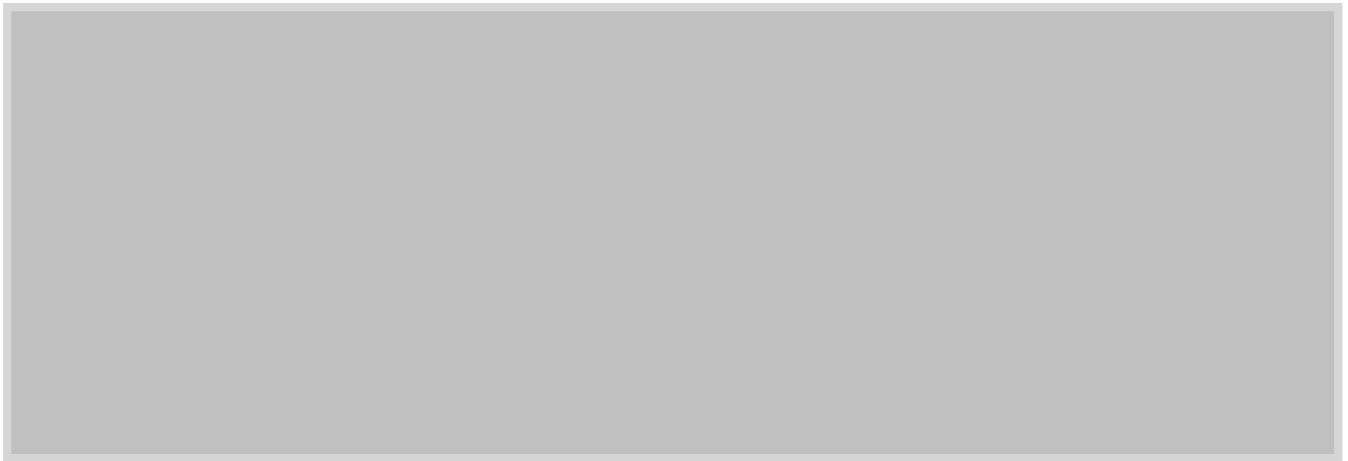
1. Which kind of parenting style, will the Circle child find most difficult to deal with?

Group # 2





Group # 3



Group # 4



1. Which kind of parenting style, will the Triangle child find most difficult



{ **Distribute 'What Your Child Needs' card after each shape is discussed** }



Final Activity & Closing

Now back to the last question on 'The Shape Identity Map'

Direct participants to write:



Once the participants finish writing, ask some of them to share in the larger group. Applaud for the whole group! Celebrate the creation of new ideas.



CLOSING CIRCLE

- At the end of the workshop, instruct the participants to get together and form a closing circle.
- Ask each participant to share briefly what is their biggest takeaway from the session.
- Applaud as each participant completes their sharing and close with a round of hugs!

