

# Welcome!




- Certified Family Communication and Relationships Coach
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The  
**Whole Family**  
Coaching and Mentoring  

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*Parents. Teens. Family. Life.*

  
*No Judgment.*  
What's **YOUR** story?  
*Just Love.™*  


Scottsdale Parent Council - April 15, 2020


Real Life Tips  
for Better Family Communication  
During *All This Together Time.*

[www.nojudgmentjustlove.com](http://www.nojudgmentjustlove.com)



Everyone is doing the best they can.  
Even if it doesn't look like it to you.

~ShaRon Rea



7000

Research shows the average person **speaks at least 7,000 words a day**, with many of us speaking much more than that!!!



## Think about what that means for you and your family.

- Those 7,000 words you speak each day are **your imprint on the world, teaching people how to treat you and speak to you.**
- How many of the words **you spoke today made you feel confident**, lifting yours and your children's self esteem?
- How many of those words that **you spoke today made a difference to those around you, a positive difference?**

**How many of those words served little or no purpose at all?**

**Place your oxygen mask on first,  
before you attempt to help those around you.**



**Especially your children!**

# Take Personal Inventory

- **Sorrows** - how to heal them
- **Emotional triggers** - why and how they control your actions and reactions
- **Anger** - how to forgive and let it go
- **Fears** - how they stop you from moving forward

# Self care

- **Physical** –  
food, exercise, sleep  
medical care, hygiene
- **Mental** –  
limit electronic use, life  
long learner, stimulating  
conversation
- **Emotional** –  
meditation/relaxation,  
journal, supportive  
friends, uplifting places  
and activities, self  
talk/affirmations
- **Spiritual** –  
beliefs, practices, values,  
ethics, morals

**Set healthy boundaries in all 4 areas**



# Communication is the Key

It's not only **what you say**

It's **what they hear**

# With friends and family

➤ It's easy for me to talk with...

➤ And **not** so easy to talk with...



*To create a home environment that is safe mentally and emotionally...*

Your words have power and can harm or heal.

So choose wisely grasshopper.

~ ShaRon Rea

# Communication Skills

**What do you want them to KNOW?**

**What do you want them to DO?**

***How do you want them to FEEL?***



# Communication

**Listening to Understand**

*And then*

**Speaking to be Understood**



# Listening **BLOCKS!**

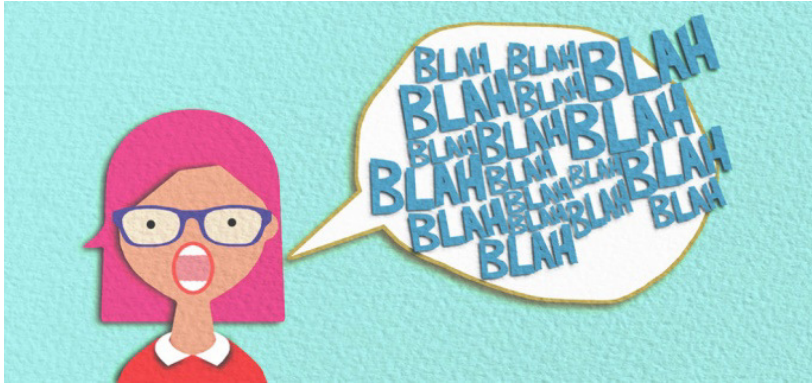
- ✓ Deciding what you will say next
- ✓ Assuming what will be said
- ✓ Multitasking
- ✓ Interrupting



✓ **NOT LISTENING AT ALL**

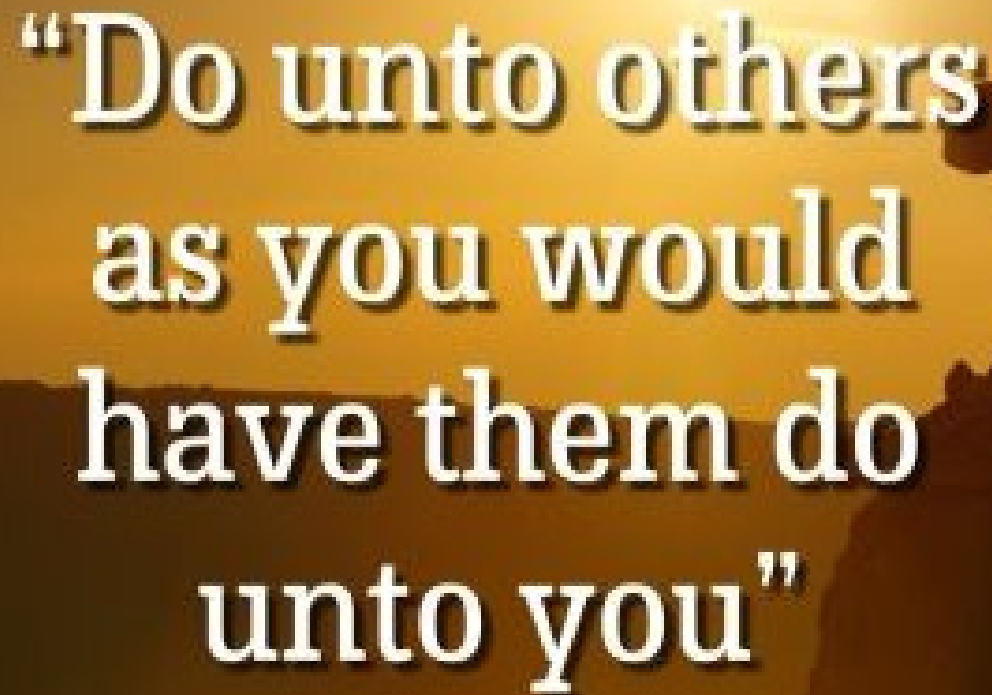
# Talking BLOCKS!

- ✓ Stuck in the Past
- ✓ Negative about the future
- ✓ Giving unsolicited advice
- ✓ Making it ALL ABOUT YOU
- ✓ I'm right. You're wrong



Too Much Talking

# The Golden Rule



“Do unto others  
as you would  
have them do  
unto you”



*The Platinum Rule* of Communication:

**Speak to others in the language  
they hear.**

**Your way of communicating  
with your family isn't wrong**

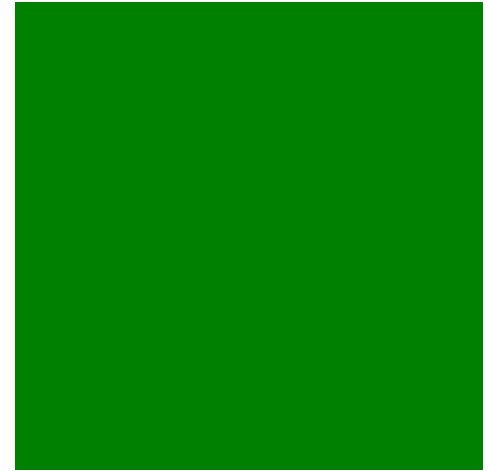


**It's just different!**

**ORANGE**



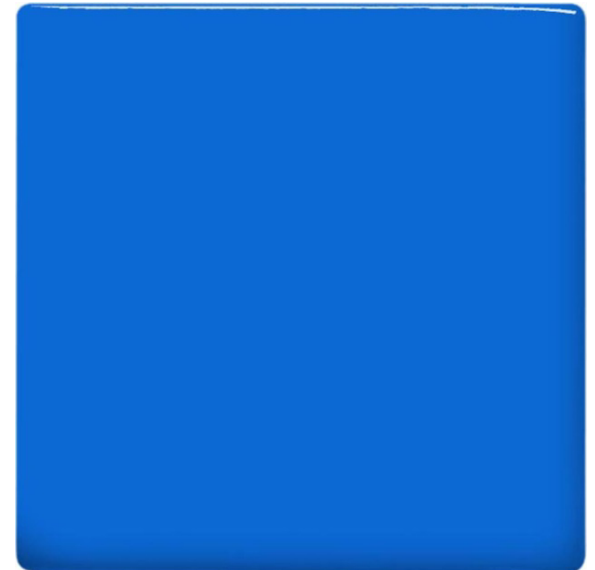
**GREEN**



**GOLD**



**BLUE**



## Relationship Builders

# Orange/Mover

**Independent, talented, loves excitement**

**Wants you to:**

Recognize their talents

Be optimistic and friendly

Don't tie them down

Expect the unexpected of them



Relationship Builders

# Green/Thinker

**Deep thinkers, slow deciding, better with data than people**

**Wants you to:**

Listen to their ideas

Ask for their opinions

Don't invade their space

Show less emotions



Relationship Builders

# Gold/Planner

**Highly organized, uncomfortable with change, obeys rules**

**Wants you to:**

Recognize their responsible actions

Clearly define expectations

Do what you say you will do

Plan ahead and be on time



Relationship Builders

# Blue/Connector

Values people over things, talkative, nurturing

**Wants you to:**

Show caring and concern

Recognize their individuality

Respect their feelings

Cooperate and compromise



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## ORANGE

1. Make it brief and to the point.
2. Be light and include humor
3. Be prepared for sarcasm or direct pointed replies
4. Offer options
5. Do not bring up the past

## GOLD

1. Plan ahead; writing to them is better
2. Stay on 1 topic.
3. Use these words: “right or wrong”
4. Do not interrupt when they are talking
5. Answer only what was asked

## GREEN

1. Give them time to consider. You may not get an answer right away.
2. Keep to the facts with little or no emotion
3. Acknowledge their ideas
4. Give clear information
5. Keep to topics they are interested in

## BLUE

1. Greet them first
2. Focus more on the meaning behind the words. Less about the words
3. Needs to feel safe to talk with you
4. Friendly caring conversation
5. Use words with options like: maybe, possibly, us and we



# Colors in the Classroom



## Relationship Builders

# Orange/Mover

**Independent, talented, loves excitement**

**Learns better:**

Unstructured

Fun and Interactive

Encouraging

Freedom to move around

\* Feels rewarded when acknowledged for their playful learning style

## Relationship Builders

# Green/Thinker

**Deep thinkers, slow deciding, better with data than people**

**Learns better:**

Logical learner

Discover by themselves

Calm environment

Give them time to think

\*Feels rewarded when they can contribute  
to the lesson



## Relationship Builders

# Gold/Planner

**Highly organized, uncomfortable with change, obeys rules**

**Learns better:**

Seeking the right answer

Organized

If rules/make them fair

Independent projects



\*Motivated by rewards for their accomplishments

Relationship Builders

# Blue/Connector

Values people over things, talkative, nurturing

## Learns better:

Interactive

Friendly

Flexible

Group activities

\* Feels rewarded with personal attention





**Good Morning**



**Let the  
Stress**

**Begin...**

CONCEPTS  
IN  
BUSINESS

Morning "Check In"

# Today I am...

- In my Strong Place
- In my Weaker Place

- Self Esteem 

- Self Esteem 

- I am confident



- I am unsure



# **Orange/Mover**

## **We are stressed by...**

**Feeling trapped**

**Not enough fun/action**

**Rules and formal structures**

**Having to be patient**

**Negativity**

**Deadlines**



# **Green/Thinker**

## **We are stressed by...**

**Confusion**

**Emotional behaviors**

**Criticism**

**Being boxed in**

**People guessing instead of facts**

**Repetition**

# **Gold/Planner**

## **We are stressed by...**

**Lack of control**

**Change of any kind**

**Being rushed**

**Interruptions**

**Not being seen as an authority**

**No Follow-Through**

# **Blue/Connector**

## **We are stressed by...**

**Disrespect – conflict**

**People who don't care about others**

**Too many details**

**Rules and restrictions**

**Too much thinking and not enough feeling**

# Colorful Discipline

*the goal for discipline is to teach - not hurt*



**Discipline vs Punishment**

## Parenting Tips

# Orange

**Independent, talented, loves excitement**

### **Effective Discipline:**

Don't lecture them

Be creative - Allow negotiation of consequences

Focus on the behavior you want,  
instead of what you don't want

**Keep it short and light**



## Parenting Tips

# Green

**Deep thinkers, slow deciding, better with data than people**

## Effective Discipline:

Remain calm

Use logic and reason

Let them help analyze the problem

Don't hover, give them space



**Highly organized, uncomfortable with change, obeys rules**

## **Effective Discipline:**

Emphasize your authority as parent

Be clear about the problem

Be specific about expected behavior

Make a plan or contract and follow it



# Parenting Tips

## Blue

Values people over things, talkative, nurturing

### Effective Discipline:

Keep it private... no siblings or in public

Be kind and gentle and loving

Focus on the behavior

Acknowledge their good intentions

Be flexible with consequences





## ORANGE

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# Find the FUN and Laughter

- Humor is a quick remedy
- **Smiles relieve stress**
- Your body immediately releases positive energy when you smile, even when you force it.



# Yes, AND

@HOLISTICALLYGRACE

Yes,

*we can feel grateful*

AND

DISAPPOINTED  
ABOUT THINGS  
BEING CANCELLED

Yes,

*we can enjoy extra time with loved ones*

AND

FEEL OVERWHELMED  
BY THEIR PRESENCE

Yes,

*we can be hopeful*

AND

FEEL LIKE  
EVERYTHING IS  
FALLING APART

Yes,

*we can be a source of support for others*

AND

PRIORITIZE OUR  
NEEDS, FILL OUR  
OWN CUP

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~ShaRon Rea

# Successful Family Conversations Begin With You!

