



## TALL TREES PARENT PROFILE

Congratulations on choosing the Tall Trees Parent Profile to explore your unique parenting style.

Your children are shaped by your unique care, character building and coaching efforts. Enjoy the journey, and be kind to those who do it differently.

**Parenting is the art of adding your design to the artwork your child already is in order to leave a legacy that will outlive you.**

- The Tall Trees Team -

## Sample Report

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# SECTION A: UNDERSTANDING THE TREE TYPES

## 1. Why am I called a tree?

A variety of labels and terms have been used to describe personality, temperament, leadership styles and other aspects of human uniqueness. Many people are wary of any kind of label, however it is impossible to talk about people without using labels. Father, employer, woman, cousin, teacher... all of these are helpful labels.

The Tree Type Profiles aim to make these inevitable labels positive and reflective of the diversity and beauty of every individual. Trees speak of potential growth, seasonal changes and variety. No two rose bushes are the same. In fact, there are many thousands of rose hybrids and cultivars. The same is true of palms that vary from tiny indoor varieties to the stately and tall palms that line the beaches of Florida. The same goes for pines and boxwood or lollipop trees.

## 2. Why the specific four trees?

Hettie Brittz, the developer of the Tree Type Profiles, chose tree names that would capture some of the key characteristics of the four basic temperament types and that would be easy to remember:

### The Rose Bushes

Full of flowers that remind us of the rosettes worn by winners, as the Roses tend to be competitive participants. They can be a bit prickly, though, being so independent, frank and confident.

### The Pine Trees

As calm and refreshing as the fragrance we inhale when strolling through a pine forest, these peace-loving individuals also bring people together in the way we gather around the Christmas pine.

### The Palm Trees

Associated with sunny holiday destinations, these “trees” love the fun side of life.

### The Boxwood Trees

They represent those of us who are perfectly “pruned” and decorative – the shaped examples of the highest standard. Not a leaf or twig out of place.



### 3. Why am I a strange combination?

Our make-up as people reflects what we were created for. Our Tree Type, therefore, will be as unique as our destiny. The four trees represent the four core types, each of which can be the one dominant type in an individual or combined two-two (for example Pine-Rose) or three-three (for example the Pine-Box-Rose, which we call the Contra-Palm for being everything but Palm) and some individuals even have all four in their make-up.

### 4. How can I learn more about my “tree type” and that of others?

There are several ways to learn more:

1. Read a book. The first Tree Type Profile was developed as part of the book *Growing Kids with Character 2.0*. by Hettie Britz in order to help parents understand the role of the parent-child relationship. This top-seller has transformed families and marriages by bringing greater understanding about our different “dialects”, needs and strengths. The book is still a valuable resource of temperament information with separate chapters for adults and children.
2. Contact a Tall Trees Facilitator and attend a Tall Trees workshop. These workshops give an up-close-and-personal look at the main tree types, as well as the combinations. An added benefit of attending a workshop is the experiential learning with and from others, while having a lot of fun. Booking a workshop is as easy as clicking on the “workshop” tab or contacting your nearest facilitator. Invite those you wish to understand better or host it at your workplace.
3. Consider inviting others to do an online profile, too, and compare your results for helpful information. You might discover that your communication styles are so dissimilar that it is no wonder that you have regular misunderstandings, or you might find that you have a very compatible mentoring style, explaining how effortlessly you can prioritise goals together.
4. Please visit [www.evergreenparenting.co.za](http://www.evergreenparenting.co.za) for more information on courses and for CD's, DVD's and related resources on the topics of temperament and parenting.

### 5. Why is our spelling inconsistent?

Tall Trees Leadership Profiles were developed in South Africa where our English has both American and European influences. Some terms are spelled differently in British English than in American English (e.g. behaviour vs. behavior, colourful vs. colorful, and Fertiliser vs. Fertilizer). Working internationally, we have chosen to use mainly British English but to use the American form where words have two acceptable spellings in South African dictionaries. Some punctuation rules may also differ from your style guide. It is too costly, unfortunately, to have a separate version for every language preference. We apologize and apologise to the language experts who may have the urge to take up a red pen! That being said, please let us know if you see a bona fide error. We do want the reading of your report to be a joy.



## SECTION B: THE VALUE OF FOUR PROFILES

### What is the difference between temperament, personality or leadership styles and character?

At Tall Trees Profiles, we embrace the fact that all of us were born with a certain temperament. It is simply the way in which you are wired. Your temperament characteristics portray your thoughts, emotions and behaviour and are needs-based.

Personality is derived from the Latin word *persona* which means mask. Personality is learned behaviour. It can then also be called a style profile – behaviour learnt to be able to cope in a certain environment / role / position, as is determined in your Tall Trees profiles. Therefore, your different parenting profiles are not the same as your temperament, although we believe that your Tall Trees Parenting Profile is usually very indicative of your true temperament. Florence Littauer puts it this way: “My temperament is the real me; my personality is the dress I put on over me”. Personality is how you express yourself to others and is usually the basis on which first impressions are built.

Character is the way a person chooses to perform good or bad, right or wrong in their lives. It is the way people think about and handle right and wrong. Character is thus formed by influenced behaviour (parents, church, school, role models). Sources claim that 50% of a child's character already exists at age 5; whereas 70% of character is already formed at age 7. Robert Rohm describes it best when he says: “An individual's personality style does not determine if he is of good or bad character. His character determines how he handles his personality style.”

Have you ever felt that a personality or parenting profile could capture how you care for your children's needs, but not how you discipline them? Sometimes a test or parenting profile forces you to choose one context – toddler training or teen mentoring. The report then becomes half a picture of a whole person, doesn't it? That is the challenge of any profile – profiles tend to be one-dimensional. The Tall Trees Parenting Profile endeavours to give a 3-dimensional perspective on you as a parent, taking into account how you function as a disciplinarian, a nurturer and a mentor for your children.

We acknowledge that parenting is not just making rules, celebrating birthday parties and signing permission slips -- parenting is an approach to raising the next generation of adults in the best way you know how. It is a journey that can stretch over decades. Therefore, your parenting profile will touch on various phases of parenting - from before your children's birth to after their departure from your home. Parenting is forever!





## DISCIPLINE PROFILE

Your discipline profile relates to how you handle misbehaviour, rules and routine. Here it will become evident how firm your grip is. Do you expect conformation and absolute obedience or are you flexible and accommodating when it comes to your child's will and choices? Are you a natural at laying down the law or do you find it hard to enforce consistent boundaries for your child's behaviour?



## NURTURING PROFILE

Your nurturing profile gives clues to how you handle the daily emotional and physical needs of your child. It explores how you speak, cuddle, comfort, care and protect your child. It predicts how you would deal with your and your child's feelings during conflict as well as bonding times. Will you face conflict head-on, or do your best to keep the peace?



## MENTORING PROFILE

Your mentoring profile relates to what you view as the key elements of good parenting. It will reflect what you regard as success in this area of your life. What you want to teach your child, build into his or her character and equip him or her with for their journey into adulthood will become evident in this profile. Here you will gain insight into the aspects that may need to be adjusted in order to guide your children well.

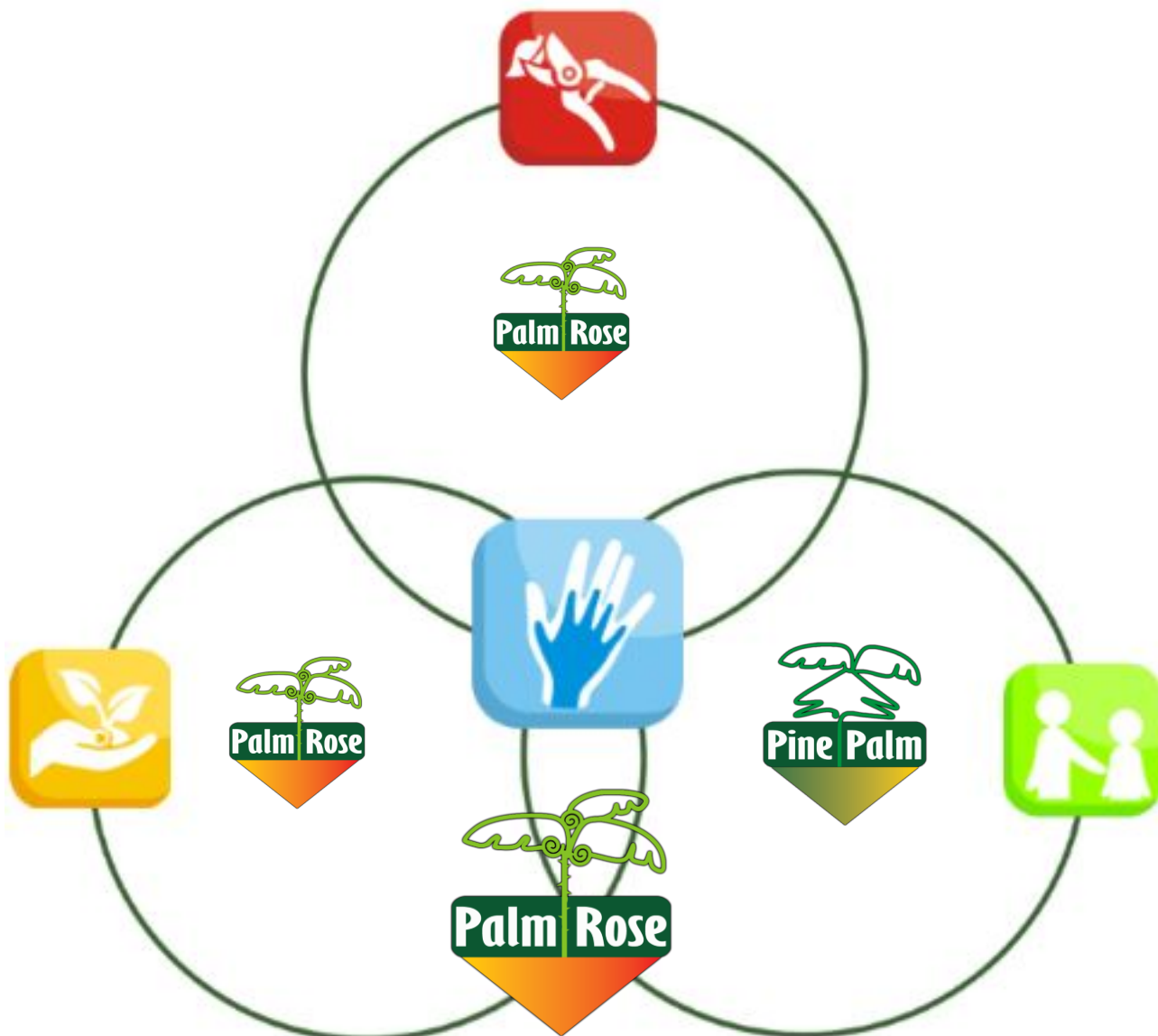


## TALL TREES PARENTING PROFILE

Your Tall Trees Parenting Profile is a combination of the other profiles and thus gives a broader view of you as parent. We use this profile to predict what you need to function at your best, as well as the unique strengths that you have been blessed with.



# SECTION C: YOUR UNIQUE TALL TREES SIGNATURE



Dear Sample  
your Tall Trees Parenting Profile is a  
Palm-Rose

Parenting is the art of adding your design to the artwork your child already is in order to leave a legacy that will outlive you.





## SECTION C.1

## DISCIPLINE PROFILE

Your DISCIPLINE PROFILE relates to how you handle misbehaviour, rules and routine. Here it will become evident how firm your grip is. Do you expect conformation and absolute obedience or are you flexible and accommodating when it comes to your child's will and choices? Are you a natural at laying down the law or do you find it hard to enforce consistent boundaries for your child's behaviour?

Your Palm-Rose Discipline Profile makes you both playful and demanding. You'll be light-hearted about the less important discipline moments but very serious when key issues come up. You can balance encouragement with a healthy dose of drive. You may regard the discipline of your kids as a challenge that is worth your time and effort but when it comes to routine training or when the task lists become long, you may want to take shortcuts or delegate to other caregivers so that you can focus on what you regard as more exciting and important.

You believe in the value of competition and rewards and are likely to incorporate these elements into the way you discipline your kids. You'll tell them what is in it for them when you give them instructions. You put bait onto the hook when you are serious about a command. You feel kids should have good reason to obey. Unfortunately inflation will likely catch up to you in this process. Once your kids see that you always put a deal on the table, they may start honing their negotiation skills. You enjoy feisty kids so you may even indulge their sassiness which will encourage them to keep raising the bar.

You may tackle discipline ideas with gusto only to bore very quickly. You'll announce the plan with excitement, convince your kids that it is a great idea, and then forget very soon to keep the process going. You ignore details, making discipline systems with stars and points completely pointless (pun intended). You resist discipline systems with rigid rules and many steps. When you see quick results with a discipline approach, however, you will be fuelled to keep going.

You want kids to obey enthusiastically and immediately. You want quick action without many questions and you want kids to do the tasks without constant help and supervision. When it does not go this way, you'll be impatient and could become unnecessarily sharp and forceful, using threats or blackmail to become as convincing as you can be.

Ironically, big discipline problems or a sudden behavioural crisis will get you to become hands-on, observant and responsible again, because you want to be involved on a higher level. You can't be bothered with the nitty-gritty and tiny errors your kids make. You feel it is unnecessary to respond to all of it. In the process your children may develop attitude problems that go unnoticed. You believe your kids will turn out great in the end with or without your eye on them. This lack of supervision makes you miss a lot of what your kids get up to. You make up for the inattentiveness with your energetic persistence.







## FIELDS OF GREATNESS

These are the parenting tasks and responsibilities which you are a natural at.

This is where and when you should be the primary parent.

Play these parts with confidence.

- When your children need your help in tough challenges
- Where family emergencies demand intuitive and fast problem solving
- When it's time to plan a new family adventure
- When additions to the family, a new home or major change affects the family
- When somebody needs a boost of confidence or motivation to take a risk
- When a family member is sick or absent and needs you to step in without warning
- When your children need help making friends
- When active children demand consistent energy and input
- Where an underachieving child needs to be "pushed" in a positive manner
- When unmotivated kids need to be mobilized to serve others
- Where kids need an example of passion and drive
- When a shy child needs you to be their advocate

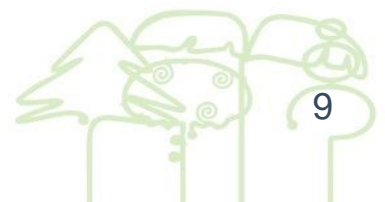


### EMBRACE YOUR FIELDS OF GREATNESS

Which FIELDS OF GREATNESS feel like your ideal tasks and situations?

Mark the applicable bullets.

If you are unsure, ask your spouse or a close friend: "In which of these tasks and situations have you seen me do well?"





## EXPLORE YOUR FIELDS OF GREATNESS

Look at one statement you embraced at a time. Now EXPLORE:

1. When was the last time this FIELD OF GREATNESS brought joy to your household?
2. How does this correlate with the FORCES WITHIN that you selected on page 20?
3. Who is your parenting role model? Which aspect(s) of his/her example would you like to follow in making the most of this FIELD OF GREATNESS?
4. How does this FIELD OF GREATNESS help or hurt your family relationships?
5. Is there a link between these and your current approach to parenting?
6. If applicable, explore your spouse's FIELDS OF GREATNESS. How can you share the parenting tasks wisely between you?



## EXPLAIN YOUR FIELDS OF GREATNESS

Look at one statement you embraced at a time. Now EXPLAIN:

1. Who should you tell about these FIELDS OF GREATNESS, in order for them to let you parent from your strengths?
2. Which friends or family members need to know about these situations in which you can help or serve? Will you offer to serve?
3. Which of your FIELDS OF GREATNESS are impacting your household positively? Do you sometimes celebrate this?
4. Do you need to speak to a life coach or therapist about making the best use of these FIELDS OF GREATNESS?



## EXPAND YOUR FIELDS OF GREATNESS

Look at one statement you embraced at a time. Now EXPAND:

1. Whose biography, autobiography, research or quotes can you read for inspiration to excel even more in this FIELD OF GREATNESS?
2. Which training, study or exercises can you pursue to maximise this skill?
3. Where in your family life and friendships can these FIELDS OF GREATNESS be used more effectively?
4. How can you leave a legacy for the following generations using your FIELDS OF GREATNESS?
5. Which bullet points on your FIELDS OF GREATNESS list did you NOT embrace? Are some of them skills you are willing to work at acquiring? They may very well be within your reach!
6. Which parenting responsibilities can you hand over to your spouse or a family member whose FIELDS OF GREATNESS differs greatly from yours?





## FROSTBITE

These situations bend you out of shape and drain you as a parent.

Delegate and manage these frustrations as well as you can, without neglecting your role as caregiver.

- Rules that make no sense to you
- Parenting duties or housework that seems pointless
- Boring or repetitive tasks or routines
- Parenting alone without breaks or helpers
- Having to follow house rules someone else made
- Parenting goals with your kids that take years to show results
- Having to wait around for kids who dilly-dally
- Having to keep yourself and/or your kids quiet
- When kids refuse to try new things or participate in fun
- When kids nag or complain
- Feeling like fellow parents are using you to parent their children
- Having other adults make decisions about your kids



EMBRACE  
YOUR  
FROSTBITE

Mark the bullets that reflect the things you know hamper your happiness and fulfillment.

Be brutally honest.





## EXPLORE YOUR FROSTBITE

Look at one statement you embraced at a time. Now EXPLORE:

1. How many of these unpleasant things are currently present in your family life? What does that mean for your wellness?
2. Pick one that you can avoid by making a firm decision to change a household habit today.
3. Who close to you causes you FROSTBITE, on purpose or unknowingly?
4. Read the FROSTBITE list of your spouse, teens or other family members. Explore whether you sometimes cause FROSTBITE in their lives.
5. Compare the number of fulfilled needs from your FERTILIZER list with the number of FROSTBITE items currently affecting your life. Does this explain your current stress levels or level of happiness?



## EXPLAIN YOUR FROSTBITE

Look at one statement you embraced at a time. Now EXPLAIN:

1. Should you show your FROSTBITE list to someone in your family who may be causing you frustration without meaning to?
2. Whose FROSTBITE list should you ask for, so that you don't cause them harm?
3. Do you owe anyone in your household an apology for causing FROSTBITE in their lives?
4. Whose help can you ask to avoid burnout as a result of low FERTILIZER and high FROSTBITE levels? Asking for help is brave and humble, not weak.



## EXPAND YOUR FROSTBITE

Look at one statement you embraced at a time. Now EXPAND:

1. What strategies can you implement in your home to lessen your exposure to these FROSTBITE elements?
2. Which are unavoidable? How can you learn to accept them? If you can't, who can support or defend you?
3. Can you attend a programme or see a therapist that will help you deal with these unpleasant issues? Are you willing to work towards solutions?
4. Do you know another parent who shares your type of profile who has overcome some of these challenges? Learn from them!
5. Are you willing to protect your family members from FROSTBITE by being an advocate for them?





## SECTION C.2

## NURTURING PROFILE

The NURTURING PROFILE gives clues to how you handle the daily emotional and physical needs of your child. It explores how you speak, cuddle, comfort, care and protect your child. It predicts how you would deal with your and your child's feelings during conflict as well as bonding times. Will you face conflict head-on, or do your best to keep the peace?

Your Nurturing Profile is that of a Palm-Rose. You love action, play, competition and excitement. You'll be hands-on with your children as long as there is the reward of thrill in it for you. If you've made the commitment to nurture them actively you'll turn childcare into a challenge, as you do with all other endeavours. Many of the daily tasks of parenting may seem like pointless drudgery. As a result feeding kids their dinner may not be your favourite nurturing task but joining your kids on a sports field may well be.

Once your kids are old enough to join your lively discussions, debates and games, you'll be more involved. If you can be their entertainer in charge of family activities, you'll be in your element. Play, after all, is an essential part of nurturing, as it develops children's sensory, emotional and intellectual skills.

Emotional nurturing will be harder for you. You have little tolerance for whining and negativity. Your love of adventure could clash with a child's fearfulness or indecisiveness, making you impatient and visibly annoyed. Listening to long stories from a hurting child won't be your forte, either. You'll want kids to listen to your pep talk and snap out of it – something your introverted kids just can't do. A more patient and even-tempered partner in parenting may need to help you out in these situations.

You'll need to consciously tone yourself down when nurturing the gentler souls in your household, as you can come across as forceful or manipulative. You'll find unhappy kids frustrating while enjoying your spunky kids so much that you may inadvertently show favouritism.

You'd be a powerful advocate for the child who needs a defender, though. Being strong for the sake of your kids comes naturally to you. When they face a real crisis your "can do" attitude will spur everyone on and you'll certainly see your child through even extended periods of hardship, just because it is tough and intense enough to make you step up.





## FOREST FIRES

These statements will help you take an honest look at your communication style and your approach to conflict with your child.

Let's talk!

- You give convincing reasons for your rules
- You come across as a confident parent, which helps children to obey
- You may be tempted to use emotions more than facts to convince your children to obey. Avoid this form of manipulation
- You have perhaps bent the truth a few times to make your point. Consider whether this is wise
- You may find it hard to listen to boring or long stories, especially when your child speaks slowly and softly
- You may enjoy an argument with a child to the point where you forget it can be hurtful
- Walking away from arguments that are not worth your time, can be a challenge, but may help your relationship with your kids
- Under pressure, your discipline and correction may become aggressive
- Your ability to inspire is equal to your ability to make rude jokes, to insult and be sarcastic. Choose words of life
- Young children will love your lively story-telling. Use it to make memories
- The way you speak will be the clearest indicator of your true character
- Learn the art of active listening, as it will improve your relationships with your kids, especially the introvert ones



EMBRACE  
YOUR FOREST  
FIRES

Read through the bullet points about your emotional and communication characteristics.

Do you agree?

Mark the truths about you.





## EXPLORE YOUR FOREST FIRES

Look at one statement you embraced at a time. Now EXPLORE:

1. Are any of these FOREST FIRES hard for you to read about yourself?
2. Have you experienced relationship breakdown as a result?
3. What aspect of your approach to conflict is nevertheless helpful?
4. Who in your household has the opposite FOREST FIRES to yours? Are you willing to adapt your style to communicate effectively with them?
5. Does any aspect of your FOREST FIRES cause FROSTBITE to those close to you?
6. Put your FOREST FIRES next to their FERTILIZER and see how you can make life easier for them.
7. Which speaking skill or listening skill is your best asset in your parent-child-relationships?
8. When communicating with your family, how do you think you come across? Also consider your body language and facial expressions when answering.



## EXPLAIN YOUR FOREST FIRES

Look at one statement you embraced at a time. Now EXPLAIN:

1. Who's FOREST FIRES list would you need to see to understand and reduce the conflict in your family?
2. Which members in the household should you apologize to for communicating in a hurtful way?
3. What part of the way you communicate comes over differently from how you mean it? To whom should you explain this?
4. Who in the household should you thank for using effective communication with you?
5. Would you ask your family to communicate more directly or more indirectly, more written or more spoken? Why?
6. What about your emotional responses should your nearest and dearest know?



## EXPAND YOUR FOREST FIRES

Look at one statement you embraced at a time. Now EXPAND:

1. Should you discuss any communication or emotional challenges with a professional or family counsellor?
2. Make a chart with the top two emotional and/or communication needs of at least three people in your household or family circle. Put it where it can remind you how to speak to them.
3. List the two skills you want to work on in your communication style and invite someone to give feedback about your progress after a month.
4. Which course or books may help you in your parent-child-relationships?





## SECTION C.3

## MENTORING PROFILE

Your mentoring profile relates to what you view as the key elements of good parenting. It will reflect what you regard as success in this area of your life. What you want to teach your child, build into his or her character and equip him or her with for their journey into adulthood will become evident in this profile. Here you will gain insight into the aspects that may need to be adjusted in order to guide your children well.

You mentor in the Pine-Palm way. You desire to teach your children that life is beautiful when shared with your nearest and dearest. Your mentoring will centre around relational coaching: How to be a good friend, how to take care of others, how to curb selfishness, how to make a contribution and be a pleasant person to live with.

You're least likely to measure your task as mentor against the heights of society your children have risen to someday. Climbing to the top is not what you tell them to do. You set the bar high for authentic character and relationships only. You may often use phrases such as "money can't buy happiness," in order to help your kids understand the superior value of harmonious connections with people. When they fail at what the world around them calls valuable, you'll make sure they know they are still valuable persons in their own right. You will defend their uniqueness and will remind them of the worth they have to all who love them.

You are likely to guide your children away from a life that centres on work and money, because your idea of a balanced life leaves a smaller scope for those two aspects than for people. Where other parents fill their children's lives with lessons, classes and pressures, you'll try to make sure there is ample time for fun and being just a carefree kid. In trying to keep them close you'll interfere when they make choices that take them away from you, other mentors, good friends, family and a community that loves them.

You'll model a value system that always puts family considerations above material gain and academic achievement. Your kids will probably learn to desire your warm home atmosphere above the overly driven and task-oriented air that fills many households today. You also model flexibility and acceptance of life's curveballs. You show your kids that when core relationships are intact, the world around them can fall apart or change dramatically, but they will still be grounded.

You value trust and honesty to the extent that you will expect your children to be completely open with everything in their lives. If they carry this transparency into their marriages and parent-child relationships someday, your legacy will have been of great value and a gift to many generations. Your kids will make you truly proud if they can love others, build faithful and generous relationships and enjoy their lives with contentment and childlike delight.







## FAST FORWARD

These **FAST FORWARD** growth points will make you an even better parent if you can overcome some of the challenges in your particular profile.

Regard them as seeds for growing character and gaining maturity.

Are you ready to go forward fast?

- Don't let your tolerant, trusting and accommodating nature make you vulnerable to abuse by your family members
- Emotions paralyze or drive you. Work on coping with negative feelings
- Try to separate work from family time so that the important tasks still get done
- Your contentment can hinder growth. Set family goals even when you're in a good place
- You're easily swayed. Identify mentors and core convictions to keep you steadfast and more consistent
- Learning to set boundaries and to say "no" can save you from burn-out, which in turn protects your whole family
- Even though your children's hearts matter more to you than their actions, remember that both count
- You're a "comfort zone defender". Let your family pull you into new challenges
- Members in your household may feel disrespected by your lenient approach to time and tasks. Consider them more
- Your indecisive open-mindedness may cause a child to take over the leadership in your home. Step up
- Have a few family rules and values pinned up in writing so that its harder to manipulate or bend them. Talk less and do more
- Don't use your gift of caring to step in between your children and the consequences they should learn from. Remember that adversity grows character



**EMBRACE  
YOUR FAST  
FORWARD**

**IMPORTANT:** If there is a big difference between your Mentor Profile and your other profiles, you may not identify with the bullet points under the FAST FORWARD heading!

They are based on the assumption that your life view will drive your strongest behaviours, but if you have grown and adapted much, you may have overcome many of these challenges already. Examine the remaining habits in order to grow. Mark only those you agree you need to work on.





## EXPLORE YOUR FAST FORWARD

Look at one statement you embraced at a time. Now EXPLORE:

1. Are they very few? Does your Mentor Profile differ from your Discipline and Nurture Profiles because you were raised to approach life in a certain way, in spite of your personality?
2. If so, do you feel you have gained by that, or do you feel you have lost a bit of yourself in the process?
3. Have you been through tough times that changed your life view and therefore also skewed your Mentor Profile?
4. Are you spiritually mature and have you perhaps already grown in many of these areas?
5. Which two areas (if any) would you like to grow in the most? What impact do these two areas have on your family life?



## EXPLAIN YOUR FAST FORWARD

Look at one statement you embraced at a time. Now EXPLAIN:

1. Do you have the courage to ask your spouse or family which areas they would like to see you grow in? Ask them to monitor your growth and to give you honest feedback.
2. Which members of your household may have been hurt by the habits on your FAST FORWARD list?
3. Would you like to thank other parents for already having helped you grow in these areas?
4. Whose FAST FORWARD would you like to see? Will you encourage them on their FAST FORWARD growth path without criticism?
5. Would you consider asking God to transform you from the inside out?



## EXPAND YOUR FAST FORWARD

Look at one statement you embraced at a time. Now EXPAND:

1. Who in the family circle will gain the most when you grow in these areas?
2. Which workshops can you attend to practice these new parenting skills?
3. What kind of a parent will you be five years from now if you follow this growth plan successfully?
4. How will your family life change if you can master at least a few of these growth points?





## SECTION C.4

## PARENTING PROFILE

Your TALL TREES PARENTING PROFILE is a combination of the other profiles and thus gives a broader view of you as parent. We use this profile to predict what you need to function at your best, as well as the unique strengths that you have been blessed with.

You parent like a Palm-Rose, using both the power of words and action to parent your children with a purpose in mind. You are a “people mover” who steps up into a leadership position without even thinking twice. Your children will undoubtedly experience you as a strong influence in every aspect of their lives.

Your sincere enjoyment of your children and your commitment to take them forward in life is a wonderful combination. They will hear and know that they are important to you but they will also know that you have expectations and boundaries. The Palm Tree part of your parenting style will provide the fun while the Rose Bush part keeps a firm hand over the household.

Provided that the home has a positive and active culture, you will be an engaged and hands-on parent. You run on the fuel of your family’s trust and adoration. As long as they look up to you, respect you and follow willingly when you lead, you’ll experience immense fulfillment in parenting. Unfortunately if a persistent negative atmosphere settles in your home, you are the parent who can unplug and move on outside the home to pursue fulfilling experiences without your family. Your commitment, character and maturity will be tested by everything that is not fun or exciting. These times call for you to dig deep, remain faithful and harness your gift to make the best of every situation and to motor through until matters improve.

You are excellent at the practical parenting duties that demand short bursts of high energy and high drive, but you regard negative emotions and details as a break pad against your wheels, slowing you down. You may need a fellow parent to fill in when details are crucial or when children are in emotional turmoil.

You measure parenting success by your ability to give your family a dream, spur them on towards it and to make sure everyone keeps progressing in their lives. However, all the tedious duties that take place behind the scenes are underestimated and even neglected until you recognize how important they are to a household. Your ability to recognize the other role players and personality types in your household will eventually be a greater measure of your accomplishment as a parent than your accolades and the visible achievements of your children.

In summary, you’ll have hands-on fun with your babies while missing your “freedom” at times, you’ll be able to keep up with busy toddlers and preschoolers, will drive your school children to achieve and develop all of their talents and you’ll understand the teen who wants to grow up fast. Letting go of control and of the role as main character in your grown children’s lives will be tough until you embrace the joy of standing back and watching their lives unfold in unique journeys.





## FORCES WITHIN

These are your unique parenting strengths.

You make your home a better place by using these natural gifts.

It's your thing!

- Believing that your children will amount to something good
- The ability to inspire your children with your enthusiasm
- Courage to take on the challenges of parenthood
- Passionate love for your children
- The ability to help your kids through change
- High-energy, hands-on approach
- Adding adventure to family life
- Keeping first things first
- Discipline with humour and firmness alike
- Flexibility under pressure
- The ability to do parenting tasks fast and effectively
- Balancing high expectations with family fun

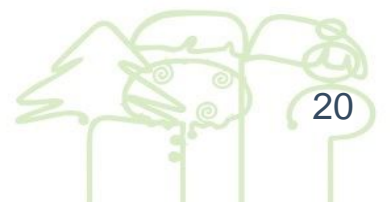


EMBRACE  
YOUR FORCES  
WITHIN

Read through one bullet point at a time. Which are true about you? Embrace them by marking each point that applies to you.

To you your FORCES WITHIN are natural; in the eyes of those who lack these skills they are supernatural!

Be humbly grateful and celebrate these gifts in your unique design





## EXPLORE YOUR FORCES WITHIN

Look at one statement you embraced at a time. Now EXPLORE:

1. How do you feel about having this strength?
2. Who in your extended family circle shares this strength with you?
3. How do they use this gift to parent, to relate and to serve?
4. How does this strength benefit you or your children?
5. Can this strength be harmful if "overplayed?" How?
6. Whose FORCES WITHIN do you need to explore for the sake of the relationship or teamwork in the family?



## EXPLAIN YOUR FORCES WITHIN

Look at one statement you embraced at a time. Now EXPLAIN:

1. Who should know that you have this strength in order to use your gift to their benefit?
2. How can you tell others about this strength without boasting?
3. Who has seen this gift in you before? Ask them to give you feedback about your growth in this area.
4. Who in your household deserves an apology from you for being hurt by you using this strength too little or too much?
5. Looking at the profiles of your family members, whose FORCES WITHIN will you encourage and appreciate?
6. Who in the household have strengths completely different from yours?
7. Will you create opportunities for your children's or spouse's strengths if they cannot create these themselves?



## EXPAND YOUR FORCES WITHIN

Look at one statement you embraced at a time. Now EXPAND:

1. Using these particular strengths that you have marked, what legacy would you like to leave for your children?
2. Look at the bullet points you DID NOT mark. Are you willing to pick one to work on?
3. Which of the ones you DID mark are neglected at this point in time? Where, when and how can you serve your household by applying them more?
4. Look at any characteristic you did not like, but DID mark. Read more about it or discuss it with a mentor until you know how to turn it into a positive trait.
5. Are you using your strengths to your family's utmost advantage?
6. Could your self-esteem be linked to how many or few of your strengths are used/needed/appreciated?





## FERTILIZER

These are your needs.

When met, they help you to function at your best.

They help you stay motivated and effective.

Make sure you have plenty of this in your life.

- Opportunity to take your whole family forward
- Challenging and interesting activities with your kids
- An exciting home environment that offers possibilities for fun
- Children's growth and achievements
- Results that confirm that you are a good parent
- Compliments from other adults about your kids
- Practical parenting help, rather than theory
- Room to do parenting in your own, original way
- Adventures with your kids
- Being allowed to take risks in parenting
- Mastering new skills as a parent
- New inspiring parenting products, books and ideas

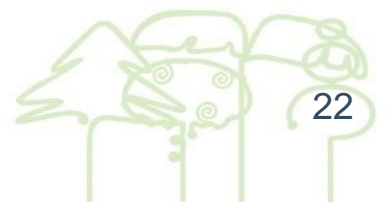


EMBRACE  
YOUR  
FERTILIZER

Read through one bullet point at a time.

Think about whether it applies to you.

Embrace and mark those that are true about you.





## EXPLORE YOUR FERTILIZER

Look at one statement you embraced at a time. Now EXPLORE:

1. Have family or friends ever made you feel ashamed for needing this FERTILIZER?
2. How many of the selected items do you regularly experience within your current family life?
3. Are any of these completely absent from your household?
4. How “full” or “empty” do you feel today? Do you think it relates to how much FERTILIZER you experience at present?
5. Who or which situations provide or could possibly provide them the best?
6. What can YOU do to get more FERTILIZER even if your current circumstances and people around you DO NOT change?
7. Whose FERTILIZER are you willing to explore in order to help them be their best?



## EXPLAIN YOUR FERTILIZER

Look at one statement you embraced at a time. Now EXPLAIN:

1. Who should see this FERTILIZER list in order to understand your needs better?
2. Which two items of FERTILIZER do you need the most? Who can you ask to help you fulfil your need for it?
3. Whose top two FERTILIZER needs would you be willing to accept and try to fulfil?
4. Who in your household is trying to give you FERTILIZER but keeps doing it wrongly? Are you willing to give them kind and humble guidance to do it better?
5. Are you, in turn, willing to be corrected by family members when you are not attentive to their needs?
6. Is there anyone you should thank today for helping to meet your needs?



## EXPAND YOUR FERTILIZER

Look at one statement you embraced at a time. Now EXPAND:

1. We parent in seasons, depending on the age of our children – babies, toddlers, teens, teenagers, etc. How does the current age of your children impact on the FERTILIZER you need?
2. Are there activities, hobbies, community efforts or volunteer work that could provide some FERTILIZER that is missing from your family life?
3. Could you perhaps take initiative by giving your nearest and dearest their FERTILIZER first, and in so doing create a relationship that fulfils your needs as well?
4. Unfulfilled needs can make you vulnerable to temptation. How will you guard your heart and your key relationships against this?
5. Are you willing to learn to get along without some FERTILIZER, with the help of mentors or God or further insight into yourself?
6. How will things change if you expect less FERTILIZER from your family and take more responsibility for your own needs?



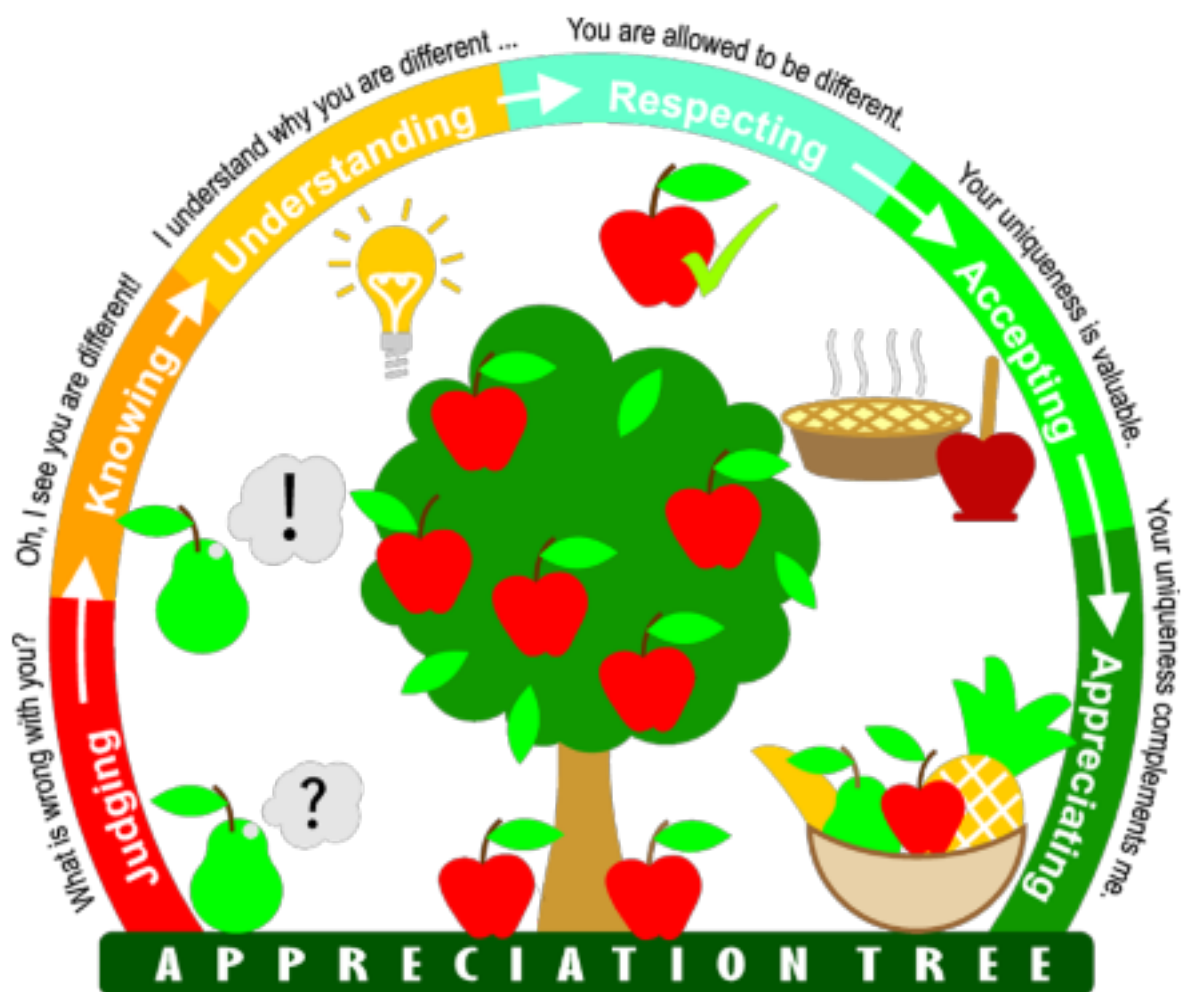
## SECTION D: APPRECIATION TREE

### The fruit of the Appreciation Tree

The Appreciation Tree exercise \*\*, when done with honest reflection, reveals to us where we stand in our relationships. This is where we will begin on the road towards true appreciation for all trees as tall trees. Valuing those whom we once did not respect, accept or understand, requires a conscious decision, after all.

Do you have reservations about measuring your relationships in this way? Would you rather not identify the individuals that you find hard to respect and appreciate? It can seem unnecessary, however, choosing to skip this step may become a choice to sweep the issues under the rug instead of facing what is placing strain on these relationships.

No reflection = no decision = no action = no growth.



\*\* Adapted from the Valuing Ladder of DiSC by Inscape Publishing, with permission



Look at the phrases associated with each level of relationship as a guide to plot the relationships that you would like to grow in. Use signs, initials or names to make notes of where you stand with each of these individuals. Diarise a date when you will revisit this page to re-evaluate your relationships and to gage your growth.

<b>JUDGING</b> What is wrong with you?		
<b>KNOWING</b> Oh, I see you are different!		
<b>UNDERSTANDING</b> I understand why you are different...		
<b>RESPECTING</b> You are allowed to be different.		
<b>ACCEPTING</b> Your uniqueness is valuable.		
<b>APPRECIATING</b> Your uniqueness complements me.		



Thank you for taking the Tall Trees Parenting journey with us.

We trust that this information helped you to grow by embracing, exploring, explaining and expanding your unique parenting qualities in your family relationships.

If you have any questions or need some advice, please send us an email at [office@talltreestraining.com](mailto:office@talltreestraining.com).

Enjoy your family!

Best wishes,

The Tall Trees Team

