



shapesforfamilies

Powered by PsychoGeometrics®

FACILITATOR GUIDE

Created and Written by





shapesforfamilies

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FACILITATOR GUIDE

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The following customized versions of Shapes for Effective Communication are also available:



Shapes for Families_Version_1.0





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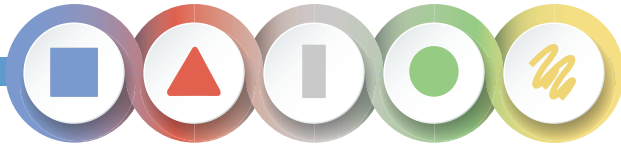
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Section 1 WELCOME & INTRODUCTION

Welcome & note from Susan Hite, CEO and Innovator of PsychoGeometrics®

On behalf of our team, we are honored to have you as one of our certified Shapes Facilitators. We are especially excited that you have the opportunity to help families continuously strengthen their relationships by communicating more effectively.

It will be your personal experience and connection with your participants that will make all the difference between just another training class and a class that will resonate as relatable. Your ability to connect will make Shapes powered by PsychoGeometrics all the easier to understand, remember, and apply to communicate more effectively, whether it's as a leader, team member, spouse or significant other, family member, or friend. In many cases, your participants will notice an immediate shift in how they see and understand themselves and others. Thoughts and feelings of confusion, frustration, and tension will turn to clarity, satisfaction, and fulfillment. This is achieved when your participants learn they already have the power within to focus on what they can control that will positively influence what they can't.

*"You can't control others. You can't change the way others think, act, or interact.
But you can manage your own behavior that influences results."*

Through knowledge and skill development, Shapes provides a sense of control and the tools to raise the probability that others understand you, and that you understand others. Understanding is the key to effective communication. In addition to Shapes for Families, you are also able to facilitate any one of our customized Shapes Workshops:

- Shapes for Effective Communication
- Shapes for Couples
- Shapes for Singles
- Shapes for Leaders
- Shapes for Teams

As always, please reach out with any questions, recommendations, or requests for additional content or applications to meet your needs and the needs of your participants. Continuous improvement is something we value; therefore, your feedback is invaluable to us.

With Gratitude,

Susan Hite
CEO of PsychoGeometrics





ABOUT PSYCHOGEOMETRICS

PsychoGeometrics was created as a communication system in 1978 by Susan Dellinger, Ph.D. and validated in partnership with Jack Wolf, Ph.D. in the early 2000's. In 2020, Susan Hite updated the original work of Dr. Dellinger and added new content and applications, based on nearly 20 years of using PsychoGeometrics as a Shapes consultant and founder of her own personal growth and professional development company, Hite Resources, Inc. (circa 2001).

Known as the science of behavior (understanding people) and the art of communicating (with them), PsychoGeometrics features five geometric shapes, each representing a specific behavior to describe one of five different communication styles.

Although we are all unique, your communication style typically comes from one or two of the five Shapes, one being your dominant or primary Shape and the other your secondary Shape. In some cases, you may use one Shape (communication style) at home and one Shape (communication style) at work. Or you may use a blend of both. However, it's important to note that while you tend to use your primary and secondary Shapes the most, you have all five Shapes (communication styles) within you, and they do impact the effectiveness, or lack thereof, of your communication style.

Your natural Shape strengths and challenges are determined by taking the Shapes Assessment, powered by PsychoGeometrics. It is a 15-minute assessment consisting of three sections:

1. Traits
2. Behaviors
3. How You Relate to Others

As a result, you will discover your primary and secondary Shapes and understand where each of the five Shapes rank starting with your most preferred Shape for communication to your least preferred. Your most preferred Shapes indicate your natural strengths. Your least preferred Shapes identify skill development opportunities to complement and leverage your strengths.

With awareness, knowledge, and skill, you can maximize your Shape strengths and manage your Shape challenges to be an effective communicator.

In addition, as part of your Shapes Facilitator Resources, you are receiving the book, *Communicating Beyond our Differences*. This is required reading for the certified Shapes Facilitator.

Initially written in 1989 by Dr. Susan Dellinger, revised in 1996, and updated in 2008, this is a new edition written by Susan Hite.

It provides a thorough and detailed understanding of PsychoGeometrics, including the following three sections:

Section 1 of the Book

- The Shapes Assessment powered by PsychoGeometrics
- Scoring Guide
- Each Shape in Detail by Chapter

Section 2 of the Book

- The Shape Applications
 - Shape Perception
 - Shape Flexing
 - Shape Motivation
 - Strategic Shaping

Section 3 of the Book

- Special Emphasis on Relationships, at Home and at Work
 - The ideal home
 - What to expect and how to communicate with your life partner
 - Parenting tips for each “Shape child”
 - Managing and resolving conflict with spouse, family, friends, and co-workers
 - What Shapes cause you the most stress
 - How to please your boss
 - Identifying and “selling” to each Shape





Section 2

PREPARE FOR YOUR SHAPES WORKSHOP

The Role of a Certified Shapes Facilitator

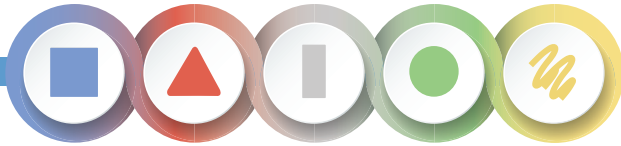
As a certified Shapes Facilitator, it is important to realize that no single Shape can exactly define a person. Everyone, however, has a dominant Shape, known as your primary Shape and a secondary Shape that creates your communication style, consisting of natural traits, behaviors, and how you relate to others. Your primary and secondary Shapes (your two highest Shape scores), along with the other three Shapes, can be used as a basis for understanding your communication and behavioral style, as well as the styles of others.

While you are born with natural Shape strengths that will stay with you all your life, you can add other Shapes to your communication style as learned Shape skills. Modifying your Shape communication style is called Shape Flexing, which can vary depending upon your current situation, environment, life changes, desired outcome, and other factors.

A certified Shapes Facilitator...

- is objective when describing each of five Shapes.
- underscores the value of all five Shapes.
- avoids stereotyping, profiling, or using “absolutes.”
- uses all five Shapes in their facilitation and communication style to connect, establish credibility, and build trust with your participants.
- takes their responsibility seriously but doesn’t take themselves too seriously.

Shapes is meant to be a simple, easy to remember, quick to apply, effective, and fun way to strengthen your relationships and communicate more effectively.



Facilitation Tips

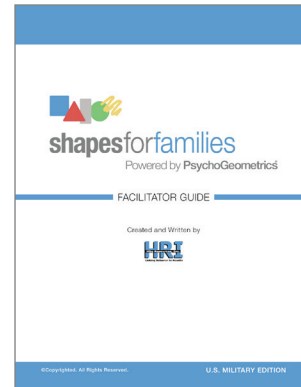
We recognize that every facilitator has their own unique style. We trust that you will maximize your Shape strengths and manage your Shape challenges to be the best possible version of yourself. With that being said, here are some facilitator tips for your consideration.

- **Create an Inclusive Environment.** It is important that your participants feel welcome, comfortable, and included. As the facilitator, you set the tone. It is important to establish ground rules or expectations. Be sure to use inclusive language. Be aware if certain participants dominate the conversation so you can give opportunities to those who may not be as quick to speak out. You can do this by redirecting the discussion to someone who hasn't spoken as much or moving on to the next topic.
- **Time Management – Be conscious of your time.** We know that every group of participants is different and may require more or less time in some areas, however, it is important to be aware of the recommended times to ensure you cover all content and leave enough time for the activities and discussion.
- **Engagement & Participation – Get everyone involved from the start!** Fortunately for you as the facilitator, this program is designed to be interactive and fun! During large group discussions, ensure you are creating an environment where all participants feel comfortable engaging. If you are in-person, having participants stand up during activities or finding a partner across the room will create energy. Although the virtual setting can be a little more challenging when it comes to engaging participants, there are still things you can do to raise the probability of high engagement. Ask participants to turn on their cameras. Being able to see people's faces and make eye contact will increase the chances of higher participation.
- **Guide the Discussion – Try not to lecture.** We have found that the magic of Shapes lies in the activities and the "ah-ha" moments during partner and group discussions. Do your best to ask open-ended questions. Be there to guide the conversation, but don't feel like you need to provide all the answers. Be comfortable with pausing. Allow people to think before contributing.
- **Have fun and be yourself!** Participants will feed on the energy you bring to the workshop.

Resource Guide

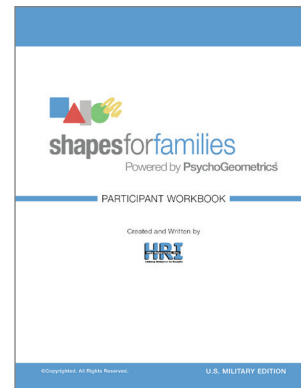
Facilitator Guide

This facilitator guide contains all information and instructions on how to best facilitate the Shapes for Families workshop.



Participant Workbook

This is the workbook that each family will receive in preparation for the workshop. Contents include guided notes, do-it-yourself activities, and reflection questions.



Workshop Slide Deck

This slide deck should be used to lead your workshop. It contains all teaching content as well as guidance for individual, partner, and group activities. The slides will help you stay on topic and manage your time, but it is also a good idea to have the agenda (page 8) handy for specific times.



Shapes for Families Toolkit

Each participant will receive the Shapes for Families Toolkit that includes all materials to fully engage in the workshop. See the list of included materials below. As a facilitator, you will have received these materials in your Shapes Certification Toolkit.

- Shapes for Families Participant Workbook
- ***Communicating Beyond Our Differences*** Book
- Shape-MOJO™ Game
- Shapes Card Game (Deck of 10 Cards)
- Shape Traits/Communicating with each Shape Card



Workshop Agenda

Shapes for Families is designed as a 12-hour course. This curriculum can be modified to a shorter or longer course by removing or expanding activities and applications. Although children of all ages are welcome to participate in the Shapes for Families workshop, it is primarily recommended for people 12 years and older. Families can make their own decision regarding what is best for each family member and who from their family should participate. Please see the recommended time to spend on each section of the workshop as well as designated times for the activities. We know the needs of each group of participants are different. Please use this template as a guide and use your discretion regarding timing as needed.

Welcome!	Slide(s)	Total Time: 35 minutes
Welcome to Shapes for Families!	1 - 3	5 minutes
Course Overview – Agenda, Objectives, & Resources	4 - 7	5 minutes
Shapes Card Game	8 & 9	25 minutes
Module 1: Introduction to PsychoGeometrics	Slide(s)	Total Time: 150 minutes
About PsychoGeometrics	10 - 12	5 minutes
The Shapes Assessment (by sight & official assessment)	13 - 16	25 minutes
The Five Shapes	17 - 21	15 minutes
Recommended 10-minute Break		
Learning about each Shape & Family Discussions	22 - 39	80 minutes
Shape Trait Activity	40 & 41	15 minutes
Module 1: Family-Reflection	42	10 minutes
Recommended 60-minute Lunch Break		
Module 2: Shape Perception	Slide(s)	Total Time: 75 minutes
What is Perception?	43 & 44	5 minutes
How would you describe this picture? Activity	45 & 46	15 minutes
How are Perceptions formed?	47	5 minutes
Evolution of Perception	48 - 50	15 minutes
Shape Perception	51	5 minutes
What Shape do you Perceive? Activity	52 - 55	15 minutes
Positive & Negative Perceptions of each Shape	56	5 minutes
Module 2: Family-Reflection	57	10 minutes
Recommended 10-minute Break		
Module 3: Shape Flexing	Slide(s)	Total Time: 125 minutes
What is Flexing?	58 & 59	5 minutes
Shape Flexing & Steps for Shape Flexing	60 - 62	15 minutes
Shape Flexing to each Shape – Learn & Discuss	63 - 73	60 minutes
Recommended 10-minute Break		
Speed Shaping	74 - 75	35 minutes
Module 3: Family-Reflection	76	10 minutes
Day One Wrap Up	Slide(s)	Total Time: 5 minutes
Day One Wrap Up	No Slides	5 minutes
End of Day One		

Workshop Agenda

Start of Day Two		
Welcome Back!	Slide(s)	Total Time: 5 minutes
Welcome Back & Day One Review	No Slides	5 minutes
Module 4: Shape Motivation	Slide(s)	Total Time: 70 minutes
Introducing Motivation & Demotivation	77 - 79	5 minutes
Defining Shape Motivation & Shape Demotivation	80 & 81	5 minutes
Fill in the Shape Motivation Chart Activity	82 & 83	20 minutes
Shape-MOJO™ Game	84 - 86	30 minutes
Module 4: Family-Reflection	87	10 minutes
Recommended 10-minute Break		
Module 5: Strategic Shaping	Slide(s)	Total Time: 45 minutes
Defining Strategic Shaping	88 - 95	10 minutes
Strategic Shaping – Scenarios	96 - 101	25 minutes
Module 5: Family-Reflection	102	10 minutes
Family Application – Showing Love	Slide(s)	Total Time: 20 minutes
How Does Each Shape Show Love?	104 & 105	5 minutes
Family Discussion	106	15 minutes
Family Applications – Trust	Slide(s)	Total Time: 15 minutes
Building & Shaping Trust	107 & 108	5 minutes
Family Discussion	109	10 minutes
Recommended 10-minute Break		
Family Applications – Change	Slide(s)	Total Time: 20 minutes
Shaping your Way through Change	110 & 111	3 minutes
Embracing, Managing, & Leading through Change	112	2 minutes
Family Discussion	113	15 minutes
Family Applications – Family Awareness Wheel	Slide(s)	Total Time: 30 minutes
Family Awareness Wheel – Family Discussion & Assessment	114 - 116	20 minutes
Family Awareness Wheel – Share with Others	117	10 minutes
Review & Wrap Up	Slide(s)	Total Time: 15 minutes
Review The Five Modules & Course Objectives	118 - 120	5 minutes
Shapes Workshop Reflection – Key Takeaways	121	5 minutes
Final Slide & Comments	122	5 minutes

Pre-Workshop Checklist

Before you facilitate the Shapes for Families workshop, it is important to familiarize yourself with the slides, script, activities, as well as review the preparation checklist and practice timing based on the agenda and activities used.

Pre-Event Checklist	✓
Confirm key contact names and phone numbers.	
Confirm event details. <ul style="list-style-type: none"> • Date & time of workshop • Physical or virtual address and room number/platform • Number of participants 	
Contact contractor and order workshop resources for each participant.	
Confirm on-site or virtual room details. On-Site Room Details: <ul style="list-style-type: none"> • room size • table setup • AV setup Virtual Room Details: <ul style="list-style-type: none"> • meeting platform • applications for activities 	
Ensure use of LCD projector and personal laptop/tablet. Test in advance.	
Obtain facilitator materials (flip charts and markers).	
Prepare yourself with the slides and speaker notes.	
Gather information about your participants.	

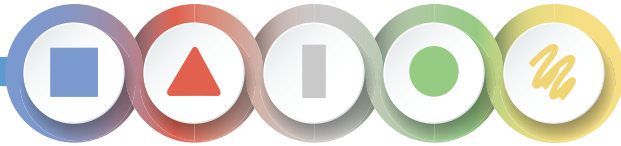
Day of Event Checklist	✓
Ensure the room and tables are set up appropriately. <ul style="list-style-type: none"> • Tables with space for 4-6 participants are ideal. An even number of participants per table is preferred for partner activities. • Confirm there are enough tables and chairs for all participants. 	
Pass out Shapes Toolkits so there is one at each participant's seat.	
Place flip charts and easels and markers around the room for group activities.	
Obtain AV contact at venue.	
Ensure you have all facilitator resources. <ul style="list-style-type: none"> • Slide Deck • Facilitator Guide • Participant Guide 	
Setup and test AV equipment (LCD projector, personal laptop, microphone) <ul style="list-style-type: none"> • Target to have slides projected on the screen at least 20 minutes before the workshop start time. 	

Post Event Checklist	✓
Wait until participants have left the room to begin gathering materials and cleaning up – be ready for questions from participants.	
Return room to original layout/condition.	
Send follow up thank you note to the host and participants.	

Interpreting the Facilitator Notes



See the key below to easily find your facilitator script and notes that are included in Section 3.

Slide	Script & Instructions
 <p style="font-size: 2em; font-weight: bold; margin-top: 10px;">shapesforfamilies</p> <p style="font-size: 0.8em; margin-top: 20px;"> shapesforfamilies PsychoGeometrics </p>	<p>SCRIPT: Written in bold.</p> <p><i>NOTE: Written in italics.</i></p>
<div style="background-color: #4F81BD; color: white; text-align: center; padding: 10px; font-weight: bold; font-size: 1.2em; margin-bottom: 10px;">Welcome Families!</div>  <p style="font-size: 0.8em; margin-top: 20px;"> shapesforfamilies PsychoGeometrics </p>	<p>SCRIPT: We are so excited to have everyone here to participate in Shapes for Families! Children of all ages are welcome to participate, however the curriculum is recommended for people 12 years and older. We encourage families to use their own discretion regarding what is best for each family member and who should participate. This is a communications course designed to help strengthen your relationship with your family members by communicating more effectively.</p> <p><i>NOTE: Take 2-3 minutes to introduce yourself to the group.</i></p>



Section 3

WORKSHOP SLIDES & FACILITATOR NOTES

Welcome & Overview	
Slide	Script & Instructions
	<p>SCRIPT: Welcome to Shapes for Families. This is a customized workshop for families from the Shapes for Effective Communication curriculum.</p>
	<p>SCRIPT: We are so excited to have everyone here to participate in Shapes for Families! Children of all ages are welcome to participate, however the curriculum is recommended for people 12 years and older. We encourage families to use their own discretion regarding what is best for each family member and who should participate. This is a communications course designed to help strengthen your relationship with your family members by communicating more effectively.</p> <p>NOTE: Take 2-3 minutes to introduce yourself to the group.</p>
<p>Welcome from Susan Hite, CEO of PsychoGeometrics</p> <p>Dear Families,</p> <p>We are excited to share a simple and effective way to strengthen your relationships by communicating more effectively, especially with the people who matter most, your family!</p> <p>Our hope is that you enjoy this experience, and that "Shapes" becomes your family's common language with one another. Understanding is the key to connectedness, and "Shapes" can now be your family's new "superpower!"</p> <p>As you learn about the science of behavior and the art of communication, you will notice a shift in how you see yourself and the members of your family. Suddenly, you will understand why you feel, think, act, plan, play, learn, love, celebrate, worry, stress, and de-stress like you do, and you will start to recognize the same about each other. Thoughts and feelings of confusion and frustration will turn into clarity, and your family will be able to talk in "Shapes" for simple and effective communication.</p> <p>On behalf of our team at PsychoGeometrics, here's to strengthening your communication, turning tension into traction, and being a resilient, high-functioning family.</p> <p>Sincerely,</p>  <p>Susan Hite CEO of PsychoGeometrics</p> 	<p>SCRIPT: Let's start with a welcome letter from Susan Hite, the CEO of PsychoGeometrics.</p> <p>NOTE: Give participants a minute to read the letter. Review the letter and emphasize the points that most resonate with you and what you think will resonate most with your participants.</p>

Welcome & Overview

Slide

Script & Instructions

Course Overview



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PsychoGeometrics 4

SCRIPT: Now, we will move on to brief overview of the course. We will take a look at our agenda, objectives, and resources.

Workshop Agenda



Welcome & Overview

Course Agenda, Objectives, & Resources



Modules 1 – 5

Module 1: Introduction to PsychoGeometrics
Module 2: Shape Perception
Module 3: Shape Flexing
Module 4: Shape Motivation
Module 5: Strategic Shaping



Family Applications

How does each Shape show Love?
Building & Shaping Trust
Shaping your Way through Change
Family Awareness Wheel



Review & Wrap Up

HRI

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PsychoGeometrics 5

SCRIPT: This course is designed to be engaging and interactive. During our time together, you will have the opportunity to participate in small family discussions and games, as well as engage with other families in large group activities and discussions. There are five learning modules of PsychoGeometrics. These learning modules are Introduction to PsychoGeometrics, Shape Perception, Shape Flexing, Shape Motivation, and Strategic Shaping. With each module, you will notice a pattern of teaching and applying what you learn. After we complete the modules, we will go through our Family Applications that are designed specifically for the Shapes for Families curriculum.

NOTE: If you are conducting a modified course, use this time to explain which modules and family applications you will be focusing on.

Course Objectives

- **Understand** your communication style, including your strengths and challenges, and the communication style of your family members.
- **Recognize** the possible positive and negative perceptions of your communication style by your family members, and your positive and negative perceptions of your family members.
- **Learn** the skill of Shape Flexing to strengthen the effectiveness of your communication approach and responsiveness with each member of your family.
- **Discover** what motivates and demotivates you and your family members and adjust your communication accordingly.
- **Apply** the Strategic Shaping Model for planning, problem solving, and conflict resolution, making the hard conversations easier and the result all the better.

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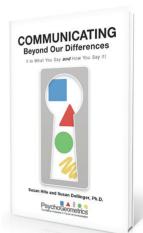
PsychoGeometrics 6

SCRIPT: Here are the course objectives. After completing this workshop, you will be able to strengthen your relationships by communicating more effectively.

Know your Resources

In your Shapes for Families Toolkit, you will find...

- Shapes for Families Participant Workbook
- *Communicating Beyond Our Differences* Book
- Shape-MOJO™ Game
- Shapes Card Game (Deck of 10 Cards)
- Shape Traits/Communicating with each Shape Card



HRI

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PsychoGeometrics 7

SCRIPT: Before we get started, let's take a look at your resources. In your Shapes for Families Toolkit, you will find one Shapes for Families Participant Workbook, a copy of *Communicating Beyond Our Differences*, the Shape-MOJO™ Game, the Shapes Card Game, and the Shape Traits/Communicating with each Shape Reference Card. You will find a listing of these resources in your Participant Workbook.

Welcome & Overview

Slide

Script & Instructions

Shapes Card Game



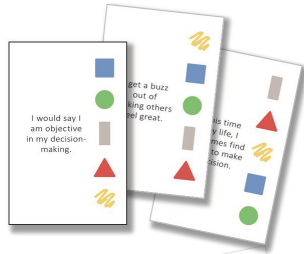
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PsychoGeometrics

The Shapes Card Game

- Pick a card from the deck.
- Read the statement on the card.
- Who does it describe the most? You? Or one of your family members?
- Give the card to who you and your family thinks it describes the most.



HRI

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PsychoGeometrics

SCRIPT: We are going to start off with the Shapes Card Game! In your Shapes for Families Toolkit, please find the deck of playing cards.

SCRIPT: Let's get started. In your Family Toolkit, you should find a deck of 10 playing cards. You will each take turns picking up a card from the top of the deck. To start, have one person pick up a card, read the statement, then have a brief family discussion about who the card describes most. Once you have decided, give the card to that person. Repeat the process until there are no cards left.

NOTE: Give participants about 10 – 12 minutes to complete this process. Ask for a volunteer from each family to introduce themselves and their family, then read one card and explain who it describes in the family.













SCRIPT: Now, we are going to introduce ourselves. One person from each family will introduce their family by sharing their names, then they will pick one card and explain who it describes in the family.

NOTE: Have families one by one introduce themselves. Each family should only be taking about 2 minutes to introduce themselves.

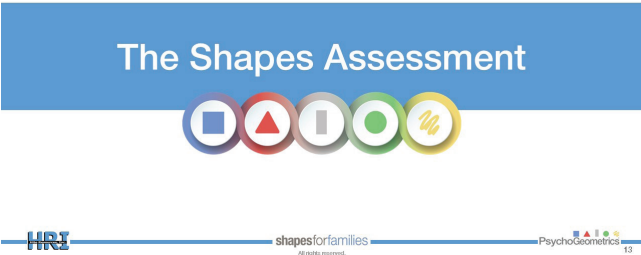
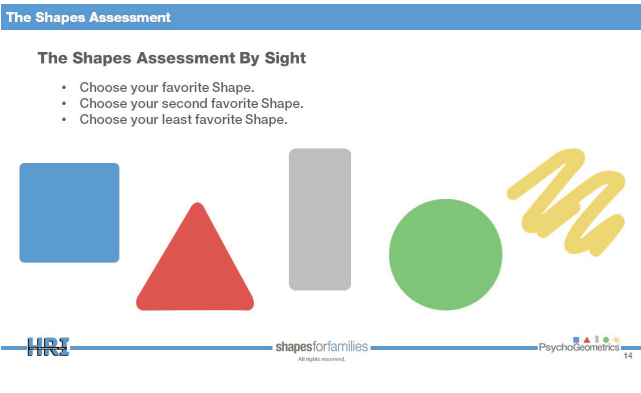
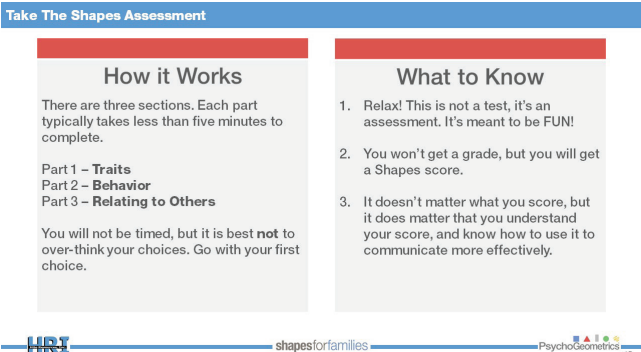
SCRIPT: Thank you all for participating. I enjoyed learning a little more about each of you.

See ACTIVITY INSTRUCTIONS on page 67.

Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
<div style="text-align: center;"> <h3>Module 1: Introduction to PsychoGeometrics</h3>  </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 20px;">    </div>	<p>SCRIPT: Now we will move into our first module – Introduction to PsychoGeometrics.</p>
<div style="text-align: center;"> <h3>About PsychoGeometrics</h3>  </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 20px;">    </div>	<p>SCRIPT: I will start by telling you a little about PsychoGeometrics and then we will jump right in to taking the Shapes Assessment.</p>
<div style="background-color: #4a86e8; color: white; padding: 5px;">About PsychoGeometrics</div> <p>What is it?</p> <ul style="list-style-type: none"> • The science of behavior and the art of communication. • Featuring five geometric Shapes. • Each Shape represents a different communication style. • Learn your Shape when you take the Shapes Assessment. • The Shapes Assessment consists of three parts: <ol style="list-style-type: none"> 1. Traits 2. Behaviors 3. How you relate to others <div style="text-align: center; margin-top: 20px;">  </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 20px;">    </div>	<p>SCRIPT: PsychoGeometrics is the science of behavior and the art of communication. It was created in 1978 by Susan Dellinger, Ph.D. as a communication system featuring five geometric Shapes representing five communication styles. In June of 2020, Susan Hite, president of Hite Resources, Inc. and PsychoGeometrics consultant and facilitator for nearly 20 years, purchased the PsychoGeometrics company from Dr. Dellinger. As the CEO and Innovator of PsychoGeometrics, Susan Hite has updated the original work by developing new content and applications. Today, PsychoGeometrics blends the science and the art by identifying the “what” and the “how” to strengthen relationships by communicating effectively.</p> <p>Your Shape is determined by taking the Shapes Assessment. The Shapes Assessment consists of three sections which are traits, behaviors, and how you relate to others. We will discuss the Shapes Assessment a little more specifically in the coming slides.</p>

Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
 <p data-bbox="181 483 789 508">HRI shapesforfamilies PsychoGeometrics 13</p>	<p data-bbox="820 151 1445 220">SCRIPT: Now, time for the fun part! Let's talk about the Shapes Assessment.</p>
 <p data-bbox="181 856 789 882">HRI shapesforfamilies PsychoGeometrics 14</p>	<p data-bbox="820 529 1469 808">SCRIPT: Before you take the online (or written assessment), we are going to take the Shapes Assessment by sight. Please look at the five Shapes and choose your favorite Shape, second favorite Shape, and least favorite Shape. In your participant workbook, please take a moment to write down your favorites and least favorite. Parents, please assist your children if needed.</p> <p data-bbox="820 823 1425 919"><i>NOTE:</i> Anticipate the question – does color have anything to do with it? Yes – and we will talk about that after you take the assessment.</p>
 <p data-bbox="181 1264 789 1289">HRI shapesforfamilies PsychoGeometrics 15</p>	<p data-bbox="820 936 1458 1281">SCRIPT: You will soon take the Online (or written) Shapes Assessment but before you do, I want to share a few details about the assessment. First, the Shapes Assessment consists of three sections, Traits, Behaviors, and Relating to Others. Traits describe who you are. Behaviors describe what you do and how you act. Relating is how you relate to others. Please note that this assessment is not timed, however, it is best to go with your initial response and not over-think it.</p> <p data-bbox="820 1295 1469 1600">This is an assessment, not a test, so that means there are no wrong answers. There is no pre-work or preparation required. It is important to be your natural self to ensure the most accurate results. You will not receive a grade, but you will receive a Shapes score that will help you understand and interpret your results. And finally, it's a simple, quick, easy, and fun assessment that should only take 15 minutes or less.</p>

Module 1: Introduction to PsychoGeometrics

Slide

Script & Instructions

Take the Shapes Assessment Now



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PsychoGeometrics 16

SCRIPT: Now we will take the Shapes Assessment.

NOTE: If using the written Shapes Assessment, instruct participant to find the Shapes Assessment in their Shapes Toolkit. If using the online Shapes Assessment, provide the Shapes Assessment Link (or access code) to participants by writing it on the board/flip chart (in-person) or putting it in the chat (virtual). Give participants 15 minutes to take the Shapes Assessment and review their Shapes report. If taking the online Shapes Assessment, remind parents that each person in their family will need a different email address to use the link and take the assessment. Written Shapes Assessments are available if more appropriate for younger participants.

The Five Shapes



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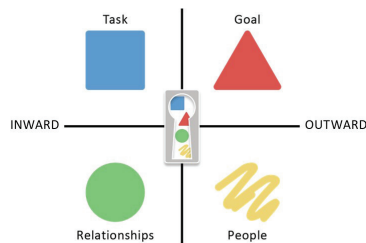
PsychoGeometrics 17

SCRIPT: Now that you know your primary and secondary Shapes, let's take a deeper look at the communication style represented by each Shape.

NOTE: Optional Question to ask Participants "Was the Shape you originally chose in the sight test either your primary or secondary Shape?" 84% of the time, what you choose by sight alone is either your primary or secondary Shape.

Things to Know About All Five Shapes

- Each Shape represents a trait or behavior and has value, power, strengths, and challenges.
- You have all five Shapes within you.
- You tend to use one or two Shapes the most because they are your natural strengths.
- It is wise to consider and leverage the behaviors of all five Shapes to communicate effectively.



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PsychoGeometrics 18

SCRIPT: Here is what you need to know about all five Shapes. Each Shape represents a trait or behavior that makes up your communication style. Every Shape has value and power. It is important to know that no Shape is better than another. All Shapes have strengths and challenges. The behavior you exhibit most is likely a combination of your primary and secondary Shapes, which represent your natural Shape strengths. In other words, what you are naturally good at doing. However, this does not mean 100% of your communication comes from just these two Shapes. It simply means your natural behavior comes from the blend of these two Shapes and is typically what you use most of the time. The rest of your communication style comes from the remaining three Shapes. Your primary Shape is indicated by the Shape in which you score the highest number of points. Your secondary Shape is indicated by the Shape in which you score the second-highest number of points. It is possible to have a tie. If this happens, it may mean your general behavior is derived from the blend of three Shapes, not just two.

(cont.)

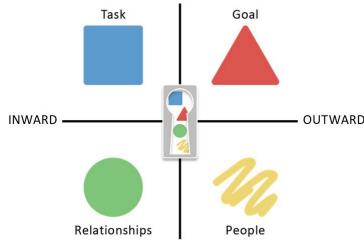
Module 1: Introduction to PsychoGeometrics

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Script & Instructions

Things to Know About All Five Shapes

- Each Shape represents a trait or behavior and has value, power, strengths, and challenges.
- You have all five Shapes within you.
- You tend to use one or two Shapes the most because they are your natural strengths.
- It is wise to consider and leverage the behaviors of all five Shapes to communicate effectively.



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Remember, we have all five Shapes within us, some Shapes just come more naturally, and some require a little more effort.

Take a look at the image on the screen or in your Shapes for Families Participant Workbook. The Box and Circle are your inward Shapes (introverted) and the Triangle and Squiggle are your outward Shapes (extroverted). Notice that the Rectangle is in the middle. This means the Rectangle can be any one of the other four Shapes, either consciously or unconsciously. We will talk more about the Rectangle later in the Workshop. The Box is task oriented while the Triangle is goal oriented. The Circle is relationship oriented while the Squiggle is people oriented.

Understanding Your Score

UNDERSTANDING YOUR SCORE

- 0-3 LOW – does not mean below average
- 4-6 MEDIUM – does not mean average
- 7+ HIGH – does not mean above average

Just because you score "high" in a Shape does not necessarily mean you are good at using that Shape.

It means you have a high percentage of that Shape within you naturally, and you have the potential to be great at using it.



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PsychoGeometrics

SCRIPT: It is also important to understand your score. Anything from 0-3 is considered low, anything from 4-6 is medium, and anything 7 or higher is high. I want to emphasize that low does not mean below average, medium does not mean average, and high does not mean above average. Your score simply determines how much of that Shape you have naturally within you.

Understanding Your Scores in each Section – Traits, Behaviors, and Relating to Others



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SCRIPT: Understanding your Shapes and your Shapes Scores makes it easier to understand why you think, feel, act, or relate like you do. Once you understand the why, then you can determine what you need. Let's take a look at this example of a Shapes Profile Report. It provides such clues as to what this person may need to effectively communicate with people, manage stress, or navigate change. These are just a few examples. You will also notice in the Shapes Profile Report how the points for each Shape are distributed among the three categories:

TRAITS – Who You Are

BEHAVIOR – What You Do

RELATE – How You Interact with Others

Since this person is a primary Circle with a score of 8 and a secondary Box with a score of 6, these two Shapes and their three sections of traits, behaviors, and relating to others are outlined in green and blue, respectively. This is important because it shows the specific traits, behaviors, and natural interactions with others that are representative of their Shape.

(cont.)

Module 1: Introduction to PsychoGeometrics

Slide

Script & Instructions

Understanding Your Scores in each Section – Traits, Behaviors, and Relating to Others

YOUR SHAPES PROFILE
CIRCLE BOX

SHAPE RESULTS & REPORT BREAKDOWN FOR ANTHONY CLARKE

Shape Profile Report Example

- TRAITS
- BEHAVIORS
- RELATING TO OTHERS

Secondary

BOX 6

TRAITS
Detail oriented
Efficient

BEHAVIORS
I ask whether during conflict or try to avoid conflict
I am a quiet private person

RELATING TO OTHERS
I think before speaking
I am very organized

TRIANGLE 2

TRAITS
None

BEHAVIORS
I make decisions quickly and decisively

RELATING TO OTHERS
I have strong opinions and I tell it straight

RECTANGLE 2

TRAITS
None

BEHAVIORS
I am focusing on my own needs right now
I often change my mind at a moment's notice

RELATING TO OTHERS
None

Primary

CIRCLE 8

TRAITS
Good listener
Empathetic/Caring
Sensitive
Generous

BEHAVIORS
I enjoy relaxing at home and doing nothing at all
If you ask, I will give you the best of my best
I treat my co-workers and clients like family

RELATING TO OTHERS
I like to soothe and talk things over

SQUIGGLE 3

TRAITS
Creative/Innovative

BEHAVIORS
I like to experiment

RELATING TO OTHERS
I am good at motivating others

HIRI shapesforfamilies PsychoGeometrics

SCRIPT: For example, let's look at the primary Circle and the specific Circle traits. We see Good listener, Empathetic/Caring, Nurturing, and Generous. Because this person has these four Circle traits, they counteract, or neutralize, some of the Box traits like non-emotional. This is why even though you may be a secondary Box, you won't necessarily relate to every trait, behavior, or interaction of the Box if your other Shape is, for example, Circle. This type of reasoning applies to any primary and secondary Shape combination. Also, keep in mind how the other Shapes and their distribution of points impacts the primary and secondary Shapes. What assumptions could you make about this person's communication style? Now look at your own Shapes Profile Report. How are your 21 points distributed? What can you learn or reinforce about your communication style by the way your points are distributed?

NOTE: Pause and ask if anyone has anything they would like to share about their communication style or their Shapes Profile Report.

The Five Shapes

PsychoGeometrics
The Science of Behavior + The Art of Communicator

Logical, Linear, Factual

Creative, Innovative, Emotional

INFO & STRUCTURE **ACTION & RESULTS** **CHANGE & GROWTH** **CONNECTION & HARMONY** **ENERGY & CREATIVITY**

HIRI shapesforfamilies PsychoGeometrics

SCRIPT: Here are the Shapes from left to right. The Box – When you think of Box behavior, traits such as structured, detailed, process-oriented, logical, slow to make a decision, efficient and practical come to mind. The Triangle - When you think of Triangle behavior, descriptions such as direct, driven, goal-focused, action-oriented, quick to make a decision, bottom-line and to the point, are used. The Circle – When you think of Circle traits – words such as harmony, nurture, mentor, inclusive, relationship-oriented, and sensitive come to mind. The Squiggle – The Squiggle behavior can be described as creative, innovative, energized, spontaneous, and unique. The Rectangle - When you think of Rectangle behavior, think exploring, open-minded, undecided, a turning point, and growth.

Module 1: Introduction to PsychoGeometrics

Slide

Script & Instructions

Let's learn more about your Shapes



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PsychoGeometrics 22

SCRIPT: We are going to dive a little deeper and learn more about each of the Shapes.

The Box



BOX

"If you want it done right, do it yourself."

Because the **BOX** is composed of equal lines and angles, it represents structure and stability.

- Calm, consistent, logical.
- Most organized of the Shapes.
- Likes to know the facts and "think about it" before deciding.
- Tends to be a perfectionist.
- Can be poker-faced, shows little emotion.
- "I'd rather finish right than finish first and get it wrong."
- Likes to stay on task and may not be pleased if you "pop in."
- Doesn't like to be put on the spot and prefers working alone.
- Trustworthy, dependable, you can count on the Box.

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PsychoGeometrics 23

SCRIPT: As I just noted, the Box represents structure. Notice the Shape of the Box. Four equal sides that literally makes the Shape of a square. However, to be consistent with the Shapes language, you should call it the Box, not the square.

NOTE: The reason it is not called "square" in the Shapes language is because some people may already have a pre-conceived notion of what it means to be "square." Box is a more universal, objective term.

SCRIPT: Think of the Box as a building block, using one block at a time to build the foundation of a building, for example. Boxes don't roll or spring into action. Instead, they turn like a flywheel, one "crank," at a time.

NOTE: You may want to use your hands and facial expressions to physically show what it is like to "crank" a heavy flywheel one slow turn at a time until you slowly build up momentum. In some cases, you may want to provide the definition of a flywheel or ask someone to look it up, put it in the chat box, or raise their hand and share. According to Oxford Languages, a flywheel is "a heavy revolving wheel in a machine that is used to increase the machine's momentum and thereby provide greater stability or a reserve of available power during interruptions in the delivery of power to the machine."

SCRIPT: With each turn, the Box builds momentum. This step-by-step, or turn-by-turn, method is part of the process, even though the process doesn't always feel or look like progress at the time. The Box knows there is a cumulative value of doing the little things consistently over time. This creates stability, credibility, and reliability. Also note the color of the Box. Blue stands for calmness and trust.

(cont.)

Module 1: Introduction to PsychoGeometrics

Slide

Script & Instructions

The Box



BOX
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right, do it yourself."

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- Likes to stay on task and may not be pleased if you "pop in."
- Doesn't like to be put on the spot and prefers working alone.
- Trustworthy, dependable, you can count on the Box.

HR

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PsychoGeometrics 23


NOTE: There is such a thing as Shapes psychology and Color psychology. For example, shapes and colors can influence the way we think or feel. This is part of the science that factors into choosing your favorite Shapes by sight. If a company is trying to communicate trust, it may use a Box like shape and/or blue color in its logo.

SCRIPT: Now, let's look at the way the Box is described. If you are a primary or secondary Box, this means you could be someone who is calm, consistent, logical, and organized. In fact, the Box is the most organized of the five Shapes. They are disciplined, task-oriented, and thrive on routine and a schedule. This is why a Box may seem annoyed when you "pop in" on them without an appointment or advance notice. Boxes are busy working to get things done. It's best not to ask a Box to commit on the spot. Instead, the Box needs time to process and "think about it," before saying "yes" or "no." This is because when the Box makes a commitment, the Box follows through. Be careful not to assume the Box is not interested or doesn't care. Their intentional pause, blank stare, non-emotional facial expressions, or monotone tone has nothing to do with whether they like you or not, or even if they are interested in what you are communicating. It's more about logic. Boxes like to be respected and recognized for what they know. Boxes tend to be perfectionists and prefer working alone. Notice I didn't say Boxes can't work with others. It's just that the natural preference of the Box is to be efficient, and to the Box, working alone takes less time and is more effective than having to work as a team.





Boxes can be resistant to change and don't like to be rushed or put "on the spot."

Keep in mind, you are not just one Shape. Unless you scored 21 in Box, you have other Shapes within you. It's important to know that you may not resonate with every trait or description of the Box, because your secondary Shape may counteract or neutralize it.



Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
<p data-bbox="159 157 219 178">The Box</p>  <p data-bbox="178 483 227 504">HRI</p> <p data-bbox="430 483 527 504">shapesforfamilies</p> <p data-bbox="690 483 787 504">PsychoGeometrics 34</p>	<p data-bbox="820 157 1453 241">SCRIPT: Here's an example of an image representing the Box. What do you see that is a Box like trait or behavior?</p> <p data-bbox="820 262 1453 409"><i>NOTE:</i> Ask for a few volunteers to share. Responses you may receive could include: Money management, saving money, organization, order, one-by-one (one step at a time), neat, stacked coins in an organized manner, precision.</p>
<p data-bbox="159 535 219 556">The Box</p> <div data-bbox="211 577 332 703" style="background-color: #4a90e2; width: 75px; height: 60px; margin: 0 auto;"></div> <p data-bbox="243 714 300 745">BOX</p> <p data-bbox="186 745 357 787">"If you want it done right, do it yourself."</p> <p data-bbox="479 567 682 598">Family Discussion</p> <ol data-bbox="381 619 763 798" style="list-style-type: none"> 1. Is anyone in your family a primary or secondary Box? 2. What value does this Box bring to your family? 3. Find a meme, picture, video clip, or song that represents the Box. <p data-bbox="178 861 227 882">HRI</p> <p data-bbox="430 861 527 882">shapesforfamilies</p> <p data-bbox="690 861 787 882">PsychoGeometrics 35</p>	<p data-bbox="820 535 1453 714">SCRIPT: Now that you know a little bit more about the Box, you are going to have an opportunity to discuss with your family. With your family, answer the following questions, 1. Is anyone in your family a primary or secondary Box? 2. What value does this Box bring to your family?</p> <p data-bbox="820 724 1453 903">Now, with your family, use a smart device to look up either a meme, picture, video clip, or song that you think illustrates the Box. It can be anything! Have fun with it! Share what you find with your family members and explain what parts make you think of the Box.</p> <p data-bbox="820 913 1453 1039"><i>NOTE:</i> Give the families about 2 – 3 minutes to discuss the first two questions. Then give families about 5 – 7 minutes to find a meme, picture, video clip, or song and have a discussion.</p>
<p data-bbox="159 1060 251 1081">The Triangle</p> <div data-bbox="194 1102 332 1228" style="background-color: #e74c3c; width: 85px; height: 60px; margin: 0 auto;"></div> <p data-bbox="194 1239 332 1270">TRIANGLE</p> <p data-bbox="178 1270 349 1333">"When I want your opinion, I will give you mine."</p> <p data-bbox="389 1113 771 1144">Because the TRIANGLE is built like a pyramid, with an upward pointed tip, it represents ambition and high achievement.</p> <ul data-bbox="389 1155 690 1344" style="list-style-type: none"> • Driven, competitive, and likes being in control. • Makes the decision then works to make it right. • Can be seen as too direct and intense. • Can't stand indecision. • "I don't need to hear the whole story." • Politically correct. Knows how to work the system. • Fast thinkers, decision makers, strong opinions. • Quick to get to the point, lives a fast-paced life. • Bottom line, doesn't want a lot of details. <p data-bbox="178 1386 227 1407">HRI</p> <p data-bbox="430 1386 527 1407">shapesforfamilies</p> <p data-bbox="690 1386 787 1407">PsychoGeometrics 36</p>	<p data-bbox="820 1060 1453 1291">SCRIPT: Let's move on to the Triangle. The Triangle shares some traits with the Box like being organized and focused. But if the Box is "slow to make a decision," then the Triangle makes the decision quickly and confidently. Unlike the Box that wants to gather all the facts then make the best decision, the Triangle just wants to make a decision and work to make it right.</p> <p data-bbox="820 1312 1453 1396">The Triangle represents action, ambition, and high achievement. Notice the Shape of the Triangle. It is literally bottom line and to the point.</p> <p data-bbox="820 1417 1453 1659"><i>NOTE:</i> If possible, use your cursor or stylus to point to the bottom of the Triangle from left to right, when you say "bottom-line." If you are using a flip chart, you can use your marker to draw the bottom of a Triangle. Or, you can use your hand or finger to "draw" a horizontal line (in the air). Then using your cursor, stylus, marker, hand, or finger to draw or move upward to the top of the Triangle, say "and to the point."</p> <p data-bbox="1388 1669 1469 1701" style="text-align: right;">(cont.)</p>

Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
<p data-bbox="159 157 251 178">The Triangle</p> <div data-bbox="194 189 332 325">  </div> <p data-bbox="186 336 349 430">TRIANGLE "When I want your opinion, I will give you mine."</p> <p data-bbox="389 210 771 241">Because the TRIANGLE is built like a pyramid, with an upward pointed tip, it represents ambition and high achievement.</p> <ul data-bbox="389 252 771 441" style="list-style-type: none"> • Driven, competitive, and likes being in control. • Makes the decision then works to make it right. • Can be seen as too direct and intense. • Can't stand indecision. • "I don't need to hear the whole story." • Politically correct. Knows how to work the system. • Fast thinkers, decision makers, strong opinions. • Quick to get to the point, lives a fast-paced life. • Bottom line, doesn't want a lot of details. <div data-bbox="178 483 787 514">  </div>	<p data-bbox="820 157 1469 336">SCRIPT: Think of the Triangle as a pyramid, pointing upward, climbing upward, striving to reach the top of the mountain, or obtain its goal. Also, note that the upward point of the Triangle can provide direction as to which way to go. The Triangle is also politically correct.</p> <p data-bbox="820 346 1437 409">The color red stands for passion, "bullseye" target, strength, and confidence.</p> <p data-bbox="820 420 1469 850">Now, let's look at the way the Triangle is described. If you are a primary or secondary Triangle, this means you could be someone who is highly competitive and driven to win. The Triangle makes everything a contest or a game. From being first in line or first to finish, the Triangle can be extremely focused and intense. Triangles like options instead of mandates and are most comfortable when they are in control. Triangles like to feel important. Triangles get easily annoyed with people who can't make up their mind, take too long to make a decision, or who are overly dramatic. The Triangle says, "I don't need to hear the whole story. Just give me the bottom line." They are quick to get to the point and live a fast-paced life.</p> <p data-bbox="820 861 1421 1039">Keep in mind, you are not just one Shape. Unless you scored 21 in Triangle, you have other Shapes within you. It's important to know that you may not resonate with every trait or description of the Triangle, because your secondary Shape may counteract or neutralize it.</p>
<p data-bbox="159 1060 251 1081">The Triangle</p> <div data-bbox="251 1081 698 1375">  </div> <div data-bbox="178 1386 787 1417">  </div>	<p data-bbox="820 1060 1453 1165">SCRIPT: Here's an example of an image representing the Triangle. What do you see that is a Triangle like trait or behavior?</p> <p data-bbox="820 1176 1429 1302"><i>NOTE: Ask for a few volunteers to share. Responses you may receive could include: Leader, role model, influencer, confidence, strong, determination, ambition, power, powerful.</i></p>

Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
<p data-bbox="159 157 251 178">The Triangle</p>  <p data-bbox="194 336 349 430">TRIANGLE "When I want your opinion, I will give you mine."</p> <p data-bbox="487 210 690 231">Family Discussion</p> <ol data-bbox="397 262 779 441" style="list-style-type: none"> 1. Is anyone in your family a primary or secondary Triangle? 2. What value does this Triangle bring to your family? 3. Find a meme, picture, video clip, or song that represents the Triangle. <p data-bbox="178 483 235 514">HRI</p> <p data-bbox="430 483 527 514">shapesforfamilies</p> <p data-bbox="690 483 787 514">PsychoGeometrics 28</p>	<p data-bbox="820 157 1453 420">SCRIPT: Now that you know a little bit more about the Triangle, you are going to have an opportunity to discuss with your family. With your family, answer the following questions, 1. Is anyone in your family a primary or secondary Triangle? 2. What value does this Triangle bring to your family?</p> <p data-bbox="820 430 1469 661">Now, with your family, use a smart device to look up either a meme, picture, video clip, or song that you think illustrates the Triangle. It can be anything! Have fun with it! Share what you find with your family members and explain what part make you think of the Triangle.</p> <p data-bbox="820 672 1469 787"><i>NOTE: Give the families about 2 – 3 minutes to discuss the first two questions. Then give families about 5 – 7 minutes to find a meme, picture, video clip, or song and have a discussion.</i></p>
<p data-bbox="159 808 235 829">The Circle</p>  <p data-bbox="219 976 316 1008">CIRCLE</p> <p data-bbox="170 1018 365 1071">"I don't care how much you know until I know how much you care."</p> <p data-bbox="389 850 755 882">Because the CIRCLE has no beginning or end, it symbolizes connectedness and unity.</p> <ul data-bbox="389 892 763 1113" style="list-style-type: none"> • Team player, nurturer, and stabilizer. • Collaborative, sensitive to how others feel, and notices facial expressions and body language. • Make good counselors, mentors, and mediators. • "I'd rather be part of the team than be #1 on the team." • Focused on the well being of others, maintaining harmony, and tend to put their own needs last. • Can be too accommodating and struggles to hold others accountable. • Would rather save the relationship than solve the problem. • Best empathetic listeners. • Their memos may include a little smiley face. <p data-bbox="178 1134 235 1165">HRI</p> <p data-bbox="430 1134 527 1165">shapesforfamilies</p> <p data-bbox="690 1134 787 1165">PsychoGeometrics 29</p>	<p data-bbox="820 808 1469 924">SCRIPT: Moving on to the Circle. If the Box considers the facts, and the Triangle considers the impact, the Circle considers the people. Nothing is more important to the Circle than relationships and connectedness.</p> <p data-bbox="820 934 1437 1060">The Circle represents harmony and unity. Notice the Shape of the Circle. It has no beginning or end. It is smooth, connected, and without any pointy edges. Think of the Circle as universal and inclusive.</p> <p data-bbox="820 1071 1469 1102">The color green stands for nature, nurture, and peace.</p> <p data-bbox="820 1113 1469 1564">Now, let's look at the way the Circle is described. If you are a primary or secondary Circle, this means you could be someone who is compassionate and inclusive. The Circle cares more about saving the relationship than solving the problem. Circles are natural caregivers, stabilizers, and often put their own needs last. In fact, the Circle can be too accommodating and has a difficult time saying no. The best listeners of all five Shapes, the Circle is a good team player, can read non-verbal communication, is empathetic and sensitive to the needs of others. Circles like to please and don't like or cope well with conflict. Their memos, notes, emails, and texts often include a smiley face. The Circle might say, "Don't worry, be happy," or "Let's get together, and together we will work this out."</p> <p data-bbox="820 1575 1453 1732">It's important to know when communicating with a Circle that they don't care how much you know, until they know how much you care. Circles make great mentors and counselors and would rather be part of the team than #1 on the team.</p> <p data-bbox="820 1743 1469 1900">Keep in mind, you are not just one Shape. Unless you scored 21 in Circle, you have other Shapes within you. It's important to know that you may not resonate with every trait or description of the Circle, because your secondary Shape may counteract or neutralize it.</p>

Module 1: Introduction to PsychoGeometrics

Slide

Script & Instructions

The Circle



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PsychoGeometrics 30

SCRIPT: Here's an example of an image representing the Circle. What do you see that is a Circle like trait or behavior?

NOTE: Ask for a few volunteers to share. Responses you may receive could include: Balance, harmony, unity, team, peaceful, family, pleasant, kind, happy, nice, friendly, smiling, and approachable.

The Circle



CIRCLE

"I don't care how much you know until I know how much you care."

Family Discussion

1. Is anyone in your family a primary or secondary Circle?
2. What value does this Circle bring to your family?
3. Find a meme, picture, video clip, or song that represents the Circle.

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PsychoGeometrics 31

SCRIPT: Now that you know a little bit more about the Circle, you are going to have an opportunity to discuss with your family. With your family, answer the following questions, 1. Is anyone in your family a primary or secondary Circle? 2. What value does this Circle bring to your family?

Now, with your family, use a smart device to look up either a meme, picture, video clip, or song that you think illustrates the Circle. It can be anything! Have fun with it! Share what you find with your family members and explain what part make you think of the Circle.

NOTE: Give the families about 2 – 3 minutes to discuss the first two questions. Then give families about 5 – 7 minutes to find a meme, picture, video clip, or song and have a discussion.

The Squiggle



SQUIGGLE

"Life is short, eat dessert first."

Because the **SQUIGGLE** is free-forming and abstract, it represents the free-spirit, uniqueness, and flexibility.

- Creative, expressive, dramatic, witty.
- Innovators, idea producers.
- Not good team players naturally; however, can inspire others.
- Spontaneous, high energy, bored quickly by routine.
- Least organized of the Shapes.
- Challenges the status quo.
- "Why do we have to do it that way?"
- Direct, honest in their communication style. Shares exactly what they think, without thinking through it first.
- Doesn't like deadlines/follow-up but can pull it off brilliantly "just in time."

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PsychoGeometrics 32

SCRIPT: So far, we have learned that Boxes thrive on routine and schedules, Triangles want to be in charge and in control, and Circles want everyone to get along and feel included. So, what about the Squiggle? Squiggles "beat to their own drum." They are creative, unique individuals who are spontaneous and quickly bored by routine. The Squiggle likes the freedom to be flexible and often challenges the status quo.

Take a look at the shape of the Squiggle. It's non-conforming, unrestricted, free-flowing, and stands out from the other Shapes. Think of the Squiggle as the free spirit; full of energy and ideas.

The color yellow represents light, joy, and positivity. It's OK to share the brutal facts with the Squiggle but stay away from "doom and gloom."

(cont.)

Module 1: Introduction to PsychoGeometrics

Slide

Script & Instructions

The Squiggle



SQUIGGLE

“Life is short,
eat dessert first.”

Because the **SQUIGGLE** is free-forming and abstract, it represents the free-spirit, uniqueness, and flexibility.

- Creative, expressive, dramatic, witty.
- Innovators, idea producers.
- Not good team players naturally; however, can inspire others.
- Spontaneous, high energy, bored quickly by routine.
- Least organized of the Shapes.
- Challenges the status quo.
- “Why do we have to do it that way?”
- Direct, honest in their communication style. Shares exactly what they think, without thinking through it first.
- Doesn’t like deadlines/follow-up but can pull it off brilliantly “just in time.”

HRI

shapesforfamilies

PsychoGeometrics 32

Embrace problems, challenges, and obstacles with hope and optimism. After all, the Squiggle will figure out a way to solve it, overcome it, get past it, and have a little fun along the way.

Now, let’s look at the way the Squiggle is described. If you are a primary or secondary Squiggle this means you could be someone who is innovative, expressive, witty, and bright. When faced with a mountain, Squiggles like to encourage and inspire, but unlike the Circle, they don’t have the patience, nor the desire, to hold your hand through the process of getting over it, around it, or tunneling underneath it. In fact, if you can’t do any of those things, the Squiggle will show you how you can turn the mountain into a goldmine!

The Squiggle tends to be unfiltered and speaks before thinking. However, you can count on the Squiggle to be honest, even if it hurts your feelings or they are not politically correct. Squiggles often talk aloud to hear themselves think. The Squiggle tends to run late, frequently breaks, or at least, bends the rules, and needs constant stimulation. The most unorganized of the five Shapes, the Squiggle seems to have a way of pulling it off “just in time.”

Keep in mind, you are not just one Shape. Unless you scored 21 in Squiggle, you have other Shapes within you. It’s important to know that you may not resonate with every trait or description of the Squiggle because your secondary Shape may counteract or neutralize it.

The Squiggle



HRI



shapesforfamilies

PsychoGeometrics 33



SCRIPT: Here’s an example of an image representing the Squiggle. What do you see that is a Squiggle like trait or behavior?

NOTE: Ask for a few volunteers to share. Responses you may receive could include: Creative, innovative, “making something out of nothing,” re-inventing something basic into something creative, adventure, exciting, fun, imagination, play, not taking themselves too seriously, and making it up as they go.



Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
<p data-bbox="159 157 251 178">The Squiggle</p>  <p data-bbox="203 336 332 357">SQUIGGLE</p> <p data-bbox="203 367 332 409">"Life is short, eat dessert first."</p> <p data-bbox="479 210 673 231">Family Discussion</p> <ol data-bbox="389 262 771 441" style="list-style-type: none"> 1. Is anyone in your family a primary or secondary Squiggle? 2. What value does this Squiggle bring to your family? 3. Find a meme, picture, video clip, or song that represents the Squiggle. <p data-bbox="178 483 227 504">HRI</p> <p data-bbox="430 483 527 504">shapesforfamilies</p> <p data-bbox="690 483 787 504">PsychoGeometrics 34</p>	<p data-bbox="820 157 1461 357">SCRIPT: Now that you know a little bit more about the Squiggle, you are going to have an opportunity to discuss with your family. With your family, answer the following questions, 1. Is anyone in your family a primary or secondary Squiggle? 2. What value does this Squiggle bring to your family?</p> <p data-bbox="820 378 1461 577">Now, with your family, use a smart device to look up either a meme, picture, video clip, or song that you think illustrates the Squiggle. It can be anything! Have fun with it! Share what you find with your family members and explain what part make you think of the Squiggle.</p> <p data-bbox="820 598 1461 724"><i>NOTE: Give the families about 2 – 3 minutes to discuss the first two questions. Then give families about 5 – 7 minutes to find a meme, picture, video clip, or song and have a discussion.</i></p>
<p data-bbox="159 745 251 766">The Rectangle</p>  <p data-bbox="186 976 341 997">RECTANGLE</p> <p data-bbox="170 1008 357 1050">"Please listen to me, then tell me what to do."</p> <p data-bbox="397 798 714 850">Because vertical lines are associated with strength, courage, and progress, the RECTANGLE represents change and growth.</p> <ul data-bbox="397 850 738 1050" style="list-style-type: none"> • Transitional Shape and is temporary. • Neutral, undecided. • Can be open, exploratory, and excited about change, but also confused, overwhelmed, and indecisive. • "I don't feel like myself lately." • Not certain about the future. • Doesn't want to be "pinned down." • Needs support and approval. • Can benefit from having a mentor or trusted advisor. <p data-bbox="178 1071 227 1092">HRI</p> <p data-bbox="430 1071 527 1092">shapesforfamilies</p> <p data-bbox="690 1071 787 1092">PsychoGeometrics 35</p>	<p data-bbox="820 745 1445 1018">SCRIPT: We have learned some of the traits, behaviors, and interactions of the Box, Triangle, Circle, and Squiggle. To summarize, the Box knows, the Triangle knows what to do, the Circle wants to help, and the Squiggle doesn't worry about what they know or don't know, they will make it up as they go! But the Rectangle is the Shape of "I don't know." It's the Shape of growth and change.</p> <p data-bbox="820 1039 1445 1239">Unlike the other four Shapes, the Rectangle is neither a primary or secondary Shape. Instead, it is a transitional Shape that indicates a turning point in your life. Personal change can last 3-18 months. Cultural or organizational change, such as a merger, acquisition, or major incident can last 3-7 years.</p> <p data-bbox="820 1260 1445 1533">Take a look at the Shape of the Rectangle. The two vertical lines on the side of the Rectangle are associated with strength, courage, and progress. Evolving from the Shape of the Box, the Rectangle has strength but is less stable with four unequal sides. Yet, its growth in vertical size symbolizes the gateway, passageway, or door from "here" to "there," which can be both exciting and scary.</p> <p data-bbox="1388 1543 1469 1585">(cont.)</p>

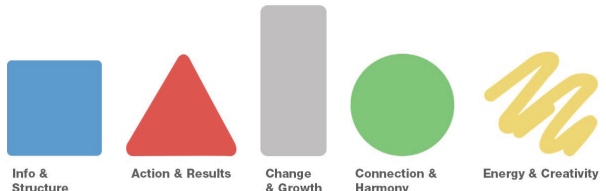

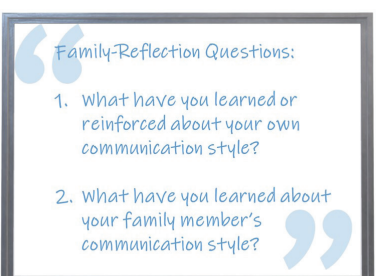
Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
<p data-bbox="159 155 261 176">The Rectangle</p> <div data-bbox="224 191 302 369">  </div> <p data-bbox="191 380 342 405">RECTANGLE</p> <p data-bbox="168 411 365 449">"Please listen to me, then tell me what to do."</p> <p data-bbox="402 205 716 249">Because vertical lines are associated with strength, courage, and progress, the RECTANGLE represents change and growth.</p> <ul data-bbox="402 260 737 449" style="list-style-type: none"> • Transitional Shape and is temporary. • Neutral, undecided. • Can be open, exploratory, and excited about change, but also confused, overwhelmed, and indecisive. • "I don't feel like myself lately." • Not certain about the future. • Doesn't want to be "pinned down." • Needs support and approval. • Can benefit from having a mentor or trusted advisor. <p data-bbox="181 485 228 506">HRI</p> <p data-bbox="428 485 521 506">shapesforfamilies</p> <p data-bbox="691 485 784 506">PsychoGeometrics 35</p>	<p data-bbox="818 155 1435 323">Through the lens of the Rectangle, you can explore change through the lens of the other four Shapes, consciously or sub-consciously, which is why most people report "not feeling like their typical selves" when experiencing change.</p> <p data-bbox="818 338 1468 438">The color gray is neither black or white. It's a neutral, in between color, sometimes representing the mysterious.</p> <p data-bbox="818 455 1468 695">Most people score 3 or less in Rectangle. This is because using the Rectangle as part of your communication style does not come naturally, and most people are not naturally good at embracing, managing, or navigating their way through change. A score of 3 or more can indicate you're experiencing change or at least thinking about it.</p> <p data-bbox="818 711 1451 989">A person in Rectangle mode can be described as exploring, growing, and transitioning. They can also be seen as confused, overwhelmed, indecisive, and "stuck." The key to navigating your way through change is 1) to be aware of the change, 2) be open, 3) knowing what your Shapes need to embrace and manage change, and 4) who you want to be or become as a result of the change.</p> <p data-bbox="818 1005 1463 1245">It is important that Rectangles have a trusted friend, mentor, or professional therapist who will listen, then provide support, recommendations, or advice. In fact, the Rectangle says, "Please listen to me, then tell me what to do." You have to earn the right to advise the Rectangle by listening, connecting, and establishing trust first.</p> <p data-bbox="818 1262 1435 1396">Remember, the Rectangle is a temporary Shape, but it is also a powerful Shape if you choose to use the Rectangle as a tool for intentional change and growth. We will touch on that next.</p>
<p data-bbox="159 1411 261 1432">The Rectangle</p> <div data-bbox="261 1444 695 1734">  </div> <p data-bbox="181 1738 228 1759">HRI</p> <p data-bbox="428 1738 521 1759">shapesforfamilies</p> <p data-bbox="691 1738 784 1759">PsychoGeometrics 36</p>	<p data-bbox="818 1411 1451 1507">SCRIPT: Here's an example of an image representing the Rectangle. What do you see that is a Rectangle like trait or behavior?</p> <p data-bbox="818 1524 1435 1726"><i>NOTE: Ask for a few volunteers to share. Responses you may receive could include: Change, changing, evolving, change of colors, change of seasons, cool, hot, warm, cold; transitions, natural growth and development, new beginnings, reflecting, and open-minded.</i></p>

Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions
<p data-bbox="159 157 267 178">The Rectangle</p>  <p data-bbox="483 205 678 226">Family Discussion</p> <ol data-bbox="389 256 771 430" style="list-style-type: none">1. Is anyone in your family in a Rectangle transition right now?2. What value can the Rectangle bring to your family?3. Find a meme, picture, video clip, or song that represents the Rectangle. <p data-bbox="191 382 344 403">RECTANGLE</p> <p data-bbox="170 415 365 451">"Please listen to me, then tell me what to do."</p> <p data-bbox="181 487 230 508">HRI</p> <p data-bbox="430 487 527 508">shapesforfamilies</p> <p data-bbox="690 487 787 508">PsychoGeometrics 37</p>	<p data-bbox="820 157 1469 357">SCRIPT: Now that you know a little bit more about the Rectangle, you are going to have an opportunity to discuss with your family. With your family, answer the following questions, 1. Is anyone in your family in a Rectangle transition right now? 2. What value can the Rectangle bring to your family?</p> <p data-bbox="820 378 1469 577">Now, with your family, use a smart device to look up either a meme, picture, video clip, or song that you think illustrates the Rectangle. It can be anything! Have fun with it! Share what you find with your family members and explain what part make you think of the Rectangle.</p> <p data-bbox="820 598 1469 724"><i>NOTE: Give the families about 2 – 3 minutes to discuss the first two questions. Then give families about 5 – 7 minutes to find a meme, picture, video clip, or song and have a discussion.</i></p>
<p data-bbox="159 751 490 772">The Rectangle – Your Key to Change and Growth</p>  <p data-bbox="381 892 678 934">"Tell me more"</p> <p data-bbox="181 1075 230 1096">HRI</p> <p data-bbox="430 1075 527 1096">shapesforfamilies</p> <p data-bbox="690 1075 787 1096">PsychoGeometrics 38</p>	<p data-bbox="820 745 1469 871">SCRIPT: We have just learned that the Rectangle is a transitional Shape representing change and growth. But it is also a skill you can learn and use to grow purposefully and intentionally.</p> <p data-bbox="820 892 1469 1165">We have described each Shape in terms of natural communication styles. Later, we will talk about how you can use each Shape as a skill set to make your communication style more effective. Before we move on, it is important to know that the Rectangle is the most powerful skillset you can develop. It provides understanding which is the first step for effective communication.</p> <p data-bbox="820 1186 1469 1249">Notice the Rectangle on this slide or in your workbook. What do you see?</p> <p data-bbox="820 1270 1469 1396"><i>NOTE: You can ask people to raise their hand and share the answer to your question or they can put their comments in the chat if you are doing this workshop virtually.</i></p> <p data-bbox="820 1417 1469 1543"><i>NOTE: You can anticipate that your participant will 1. notice the keyhole and 2. see the other four Shapes through the keyhole. You will want to acknowledge their answers then continue with your script.</i></p> <p data-bbox="820 1564 1469 1806">SCRIPT: This is the power of the Rectangle when used as a learned skill-set; to intentionally become more open and knowledgeable as to how each of the Shapes "see," "hear," think, feel, act, and relate to others. Later, we will talk more about developing the skill sets of each Shape, especially your new superpower called the Rectangle.</p>

Module 1: Introduction to PsychoGeometrics

Slide	Script & Instructions										
<p>The Shapes</p> <p>Let's Review</p>  <p>Info & Structure Action & Results Change & Growth Connection & Harmony Energy & Creativity</p> <p>HRI shapesforfamilies PsychoGeometrics 39</p>	<p>SCRIPT: In review of the Shapes – the Box says “Ready? Are we ready? Let’s run one more test.” The Triangle says “Ready, aim, fire!” The Circle says “Is everybody ready? Does everybody feel good about this?” The Squiggle says “Ready, aim, fire..... whoops!” and the Rectangle says “I’m ready, no wait – I’m not sure if I am ready – Where should we aim? I need to know more...”</p>										
<p>Shape Trait Activity</p>  <p>HRI shapesforfamilies PsychoGeometrics 40</p>	<p>SCRIPT: Now we are going to do a family activity to help us better understand our communication style as well as the communication style of others.</p>										
<p>Understanding More About Yourself and Others</p> <p>SHAPE TRAITS</p> <table border="1" data-bbox="373 987 779 1176"> <tr> <td></td> <td>Informational, Factual, Detailed, Organized, Rarely Shows Emotion, Needs Time to Make Decisions, Prefers Working Alone, Tends to be a Perfectionist. “If you want a job done right, do it yourself!”</td> </tr> <tr> <td></td> <td>Ambitious, Competitive, Focused, Decisive, Strong Opinions, Quick to Get to the Point, Big Picture, Bottom Line, Likes Options, Wants to be in Control. “Just make a decision, and split or arrange, need to make it right!”</td> </tr> <tr> <td></td> <td>Growing, Searching, Exploring, Introspecting, Open, Undecided, Anxious, or Excited. “Please listen to me, then tell me what to do.”</td> </tr> <tr> <td></td> <td>Inclusive, Nurturer, Caregiver, Stabilizer, Relationship-Oriented, Sensitive, Emotional, Team Player. “I don’t care how much you know, until I know how much you care!”</td> </tr> <tr> <td></td> <td>Creative Intelligence, Free Spirit, High Energy, Spontaneous, Bored Quickly by Routine, Unique, Idea Producer. “Let’s go with the flow and have some fun!”</td> </tr> </table> <p>1. What are the 3 traits that best describe you?</p> <p>2. What is the best way to communicate with you?</p> <p>HRI shapesforfamilies PsychoGeometrics 41</p>		Informational, Factual, Detailed, Organized, Rarely Shows Emotion, Needs Time to Make Decisions, Prefers Working Alone, Tends to be a Perfectionist. “If you want a job done right, do it yourself!”		Ambitious, Competitive, Focused, Decisive, Strong Opinions, Quick to Get to the Point, Big Picture, Bottom Line, Likes Options, Wants to be in Control. “Just make a decision, and split or arrange, need to make it right!”		Growing, Searching, Exploring, Introspecting, Open, Undecided, Anxious, or Excited. “Please listen to me, then tell me what to do.”		Inclusive, Nurturer, Caregiver, Stabilizer, Relationship-Oriented, Sensitive, Emotional, Team Player. “I don’t care how much you know, until I know how much you care!”		Creative Intelligence, Free Spirit, High Energy, Spontaneous, Bored Quickly by Routine, Unique, Idea Producer. “Let’s go with the flow and have some fun!”	<p>SCRIPT: With your family, please answer the following questions. 1. What are the three traits that best describe you? 2. What is the best way to communicate with you? In your Participant Workbook, you will find the Shapes Traits/ Communicating with each Shape chart. You can use this chart for examples during your discussion.</p> <p><i>NOTE: Give participants about 8 – 10 minutes to discuss with their family.</i></p> <p>SCRIPT: Would anyone like to share what they discussed with their family?</p> <p><i>NOTE: Ask for volunteers to share with the larger group and acknowledge their responses. If time permits, you can ask open ended questions, so participants elaborate on their responses.</i></p>
	Informational, Factual, Detailed, Organized, Rarely Shows Emotion, Needs Time to Make Decisions, Prefers Working Alone, Tends to be a Perfectionist. “If you want a job done right, do it yourself!”										
	Ambitious, Competitive, Focused, Decisive, Strong Opinions, Quick to Get to the Point, Big Picture, Bottom Line, Likes Options, Wants to be in Control. “Just make a decision, and split or arrange, need to make it right!”										
	Growing, Searching, Exploring, Introspecting, Open, Undecided, Anxious, or Excited. “Please listen to me, then tell me what to do.”										
	Inclusive, Nurturer, Caregiver, Stabilizer, Relationship-Oriented, Sensitive, Emotional, Team Player. “I don’t care how much you know, until I know how much you care!”										
	Creative Intelligence, Free Spirit, High Energy, Spontaneous, Bored Quickly by Routine, Unique, Idea Producer. “Let’s go with the flow and have some fun!”										
<p>The Shapes</p> <p>Family-Reflection Questions:</p>  <p>1. What have you learned or reinforced about your own communication style?</p> <p>2. What have you learned about your family member’s communication style?</p> <p>HRI shapesforfamilies PsychoGeometrics 42</p>	<p>SCRIPT: In your Participant Workbook, take a few minutes to reflect and answer these two questions. Once you have had a chance to reflect individually, share your answers with your family members.</p> <p><i>NOTE: Give participants a few minutes to share with their families. Ask for volunteers to share.</i></p>										

Module 2: Shape Perception

Slide	Script & Instructions
<div data-bbox="159 256 795 367" style="background-color: #4a86e8; color: white; padding: 10px; text-align: center;"> <h3>Module 2: Shape Perception</h3> </div> <div data-bbox="337 346 617 415" style="text-align: center;"> </div> <div data-bbox="181 483 792 514" style="display: flex; justify-content: space-between; font-size: small;"> HRI shapesforfamilies PsychoGeometrics 43 </div>	<p>SCRIPT: Now that you have an understanding of all five Shapes, we will move on to our second module, Shape Perception. We will begin with introducing the concept of perception and explore how perceptions are formed. Then we will look at some examples about how our perceptions can differ from each other. Then we will learn the PsychoGeometrics term “Shape Perception.” Finally, we will look at some examples and discuss how and why we have certain perceptions of some Shapes.</p>
<div data-bbox="159 535 795 562" style="background-color: #4a86e8; color: white; padding: 5px;"> <p>Shape Perception</p> </div> <div data-bbox="219 609 381 634" style="margin-top: 20px;"> <p>What is Perception?</p> </div> <div data-bbox="240 655 565 751" style="margin-top: 10px;"> <ul style="list-style-type: none"> • The way you understand or interpret something. • A mental Impression. • As a result of using any of your five senses. • Through what you see, hear, touch, smell or taste. </div> <div data-bbox="576 604 706 798" style="text-align: center; font-size: 48px; color: #ccc; margin-top: 20px;"> </div> <div data-bbox="181 861 792 892" style="display: flex; justify-content: space-between; font-size: small;"> HRI shapesforfamilies PsychoGeometrics 44 </div>	<p>SCRIPT: What do we mean by “perception”? Perception can be defined as a way you understand or interpret something, a “mental” impression, as a result of using any of your five senses, that is, what you see, hear, touch, smell or taste. For example, if you see someone walk into a room full of people, not acknowledging or talking to anyone, taking a seat alone, and having an expressionless face, you may perceive that person to be anti-social. However, another may interpret that person as being shy, and yet even another person may perceive them to be rude or apathetic. These different perceptions of the exact same behavior are based upon the personal interpretation of what one sees and hears or doesn’t see or hear.</p>
<div data-bbox="349 1066 609 1092" style="background-color: #4a86e8; color: white; padding: 5px; text-align: center; font-size: small;"> <p>How would you describe this picture?</p> </div> <div data-bbox="354 1129 597 1375" style="text-align: center; margin-top: 20px;"> </div> <div data-bbox="181 1396 792 1428" style="display: flex; justify-content: space-between; font-size: small;"> HRI shapesforfamilies PsychoGeometrics 45 </div>	<p>SCRIPT: Use your five senses to form your perception of this picture. What do you see? And even though this is just a picture, what can you hear, smell, taste, or feel? Discuss your responses with your family.</p> <p><i>NOTE: Give participants a couple of minutes to think about this and then ask for a few volunteers to share. You may hear things like: warm, hot popcorn, delicious, kernels popping, sizzling butter, the movie theatre, greasy, buttery, fingers; salty, melt in your mouth, stale, expensive, family, sharing, fattening, fluffy, high in calories and fat, thirsty, crunching, annoying, burned, scorched, and childhood memories.</i></p> <p>SCRIPT: Let’s take a look at another experience.</p>

Module 2: Shape Perception

Slide

How would you describe this picture?



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PsychoGeometrics 46

Script & Instructions

SCRIPT: Here is another picture. Same instructions as the last picture. Use your five senses to form your perception of this picture. What do you see? And even though this is just a picture, what can you hear, smell, taste, or feel? Discuss your responses with your family.

NOTE: Give participants a few minutes to discuss. You may want to remind each family to write down some of the words used to describe this picture in their Participant Workbook. Then ask for a volunteer to share how they described this picture.

SCRIPT: Would someone share how you described this picture?

NOTE: Acknowledge the first response then ask if anyone wrote down a different description.

SCRIPT: Did anyone have a different description of the photo? Would someone like to share?

NOTE: Once your second volunteer has shared and you have acknowledged their response, emphasize how two people could look at the same picture and have two different ways of describing it. You may hear responses such as exciting, thrilling, screaming, breath taking, butterflies, scary, dangerous, horrible, fun, sick, pale, clammy, heart racing, sweaty palms, force, pressure, laughing, yelling, clinched hands, click-clacking, jerking, free-falling, sinking feeling, and loss of breath.

SCRIPT: Two people who were given the exact same instructions of “How would you describe this picture?” and shown the exact same picture, had completely different descriptions. How is that? Let’s find out how our unique perceptions are formed.

Shape Perception

How are Perceptions formed?

- Perceptions are either innate (genetic inheritance) or learned through our experiences.
- Factors that can affect perception:
 - Experiences
 - Culture
 - Personal interpretation
 - Past or present environment
- Evolution of perception – Our perception can change and evolve throughout our life based on our past experiences.

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PsychoGeometrics 47

SCRIPT: Perceptions are either innate, our genetic inheritance, or learned through our experiences. Factors that can affect our perceptions include experiences, culture, personal interpretation, and past or present environment. There is also a term called the evolution of perception – this suggests that our perception can change and evolve throughout our life based on our life experiences. Let’s look at an example of how this might work.

NOTE: Depending upon the ages of the children, you may want to briefly touch on this slide, and move on.

Module 2: Shape Perception

Slide	Script & Instructions
<p data-bbox="284 157 673 178">How might someone 25 or younger describe this picture?</p>  <p data-bbox="181 485 228 506">HRI</p> <p data-bbox="430 485 526 506">shapesforfamilies</p> <p data-bbox="690 485 786 506">PsychoGeometrics 48</p>	<p data-bbox="820 157 1469 252">SCRIPT: Take a look at this picture. If you are 25 or younger, how would you describe this picture? Use your Participant Workbook to capture your thoughts.</p> <p data-bbox="820 268 1437 405"><i>NOTE:</i> Give the participants 1 – 2 minutes to write down their thoughts and then ask for a volunteer to share. Comment on the response and then provide some additional insight.</p> <p data-bbox="820 422 1453 516">SCRIPT: Someone 25 or younger might describe this picture as older or old couple, grandparents, aunt and uncle, happy, nice, or fake.</p>
<p data-bbox="284 541 673 562">How might someone 25 or older describe this picture?</p>  <p data-bbox="181 869 228 890">HRI</p> <p data-bbox="430 869 526 890">shapesforfamilies</p> <p data-bbox="690 869 786 890">PsychoGeometrics 49</p>	<p data-bbox="820 541 1469 636">SCRIPT: Take a look at this same picture. If you are 25 or older, how would you describe this picture? Use your Participant Workbook to capture your thoughts.</p> <p data-bbox="820 653 1437 789"><i>NOTE:</i> Give the participants 1 – 2 minutes to write down their thoughts and then ask for a volunteer to share. Comment on the response and then provide some additional insight.</p> <p data-bbox="820 806 1404 900">SCRIPT: Someone 25 or older might describe this picture as a middle-aged couple, happy, friends, established, and healthy.</p>
<p data-bbox="284 926 673 947">How might someone 85 or older describe this picture?</p>  <p data-bbox="181 1253 228 1274">HRI</p> <p data-bbox="430 1253 526 1274">shapesforfamilies</p> <p data-bbox="690 1253 786 1274">PsychoGeometrics 50</p>	<p data-bbox="820 926 1469 1083">SCRIPT: We are going to look at this picture one more time, but now with the perspective of an 85-year-old. How do you think someone 85 or older would describe this picture? Use your Participant Workbook to capture your thoughts.</p> <p data-bbox="820 1100 1437 1236"><i>NOTE:</i> Give the participants 1 – 2 minutes to write down their thoughts and then ask for a volunteer to share. Comment on the response and then provide some additional insight.</p> <p data-bbox="820 1253 1469 1558">SCRIPT: Someone 85 or older might describe this picture as young, babies, the good days, healthy, happy, and “remember this moment as long as you can.” As we get older, our perceptions can change. To a person who is 25 or younger, a couple in their 40’s or 50’s might seem old. However, to that same person 60 years later who is now 85, a couple in their 40’s or 50’s is still young with their whole life ahead of them.</p>

Module 2: Shape Perception

Slide	Script & Instructions
<p>Shape Perception</p> <p>What is Shape Perception?</p> <p>An opinion about something or someone's communication style (traits, behaviors, and how they relate to others) based on environment, culture, past experience, or personal interpretation.</p>  <p><small>HRI shapesforfamilies PsychoGeometrics 51</small></p>	<p>SCRIPT: Now that we have learned about perception, we are going to look at the PsychoGeometrics term “Shape Perception.” We define Shape Perception as “an opinion about something or someone’s communication style, which is made up of their traits, behaviors, and how they relate to others, based on environment, culture, past experience, or personal interpretation. Next, we are going to explore what some of possible positive and negative perceptions are of each of the five Shapes.</p>
<p>What Shape first comes to mind when you see this picture? Why?</p>  <p><small>HRI shapesforfamilies PsychoGeometrics 52</small></p>	<p>SCRIPT: When you see this picture, what Shape first comes to mind and why?</p> <p><i>NOTE:</i> Ask for volunteers to share the Shape they think of first. You will most likely hear the response, “Circle” and words like caring, empathy, compassion, a hug, relationship, mother and daughter, sisters, or best friends.</p> <p>SCRIPT: Does anyone see another Shape besides Circle? If so, what Shape and why?</p> <p><i>NOTE:</i> Give the participants 1-2 minutes to write down and discuss their thoughts among their family and then ask for a volunteer to share. Comment on the response and then provide some additional insight. Another response may be “Rectangle” and words like change, uncertainty, or gray.</p>
<p>What Shape first comes to mind when you see this picture? Why?</p>  <p><small>HRI shapesforfamilies PsychoGeometrics 53</small></p>	<p>SCRIPT: Here is another one. When you see this picture, what Shape first comes to mind and why? Let’s see how many descriptions come to mind. Raise your hand and share a word that describes this picture and the Shape it represents.</p> <p><i>NOTE:</i> Move around the room calling on at least five different people to share a descriptive word and corresponding Shape. You may hear things like fun and innovative – Squiggle; or family, harmony, smiles – Circle.</p> <p>SCRIPT: Let’s do another one.</p>

Module 2: Shape Perception

Slide

Script & Instructions

What Shape first comes to mind when you see this picture? Why?



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SCRIPT: What Shape do you see and why?

NOTE: Have people call out the Shape and the words they associate with that Shape. You may hear responses such as intense, focused, determined, competitive – Triangle.

SCRIPT: Does anyone see another Shape besides Triangle? If so, what Shape and why?

NOTE: Give the participants 1-2 minutes to write down and discuss their thoughts among their family and then ask for a volunteer to share. Comment on the response and then provide some additional insight. Another response may be “Squiggle” and words like fun, spontaneous, game. Be sure to acknowledge any other Shape responses.

What Shape first comes to mind when you see this picture? Why?



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SCRIPT: Last one! What Shape first comes to mind and why?

NOTE: Have people call out the Shape and the word(s) they associate with that Shape. You may hear responses such as “oopsie,” fun, adventurous, went off the beaten path – Squiggle.

SCRIPT: How else could you describe this picture? Any other Shapes come to mind? If so, why?

NOTE: You may get a different perspective from someone who may be responsible for cleaning up after this mess. Be sure to acknowledge different perspectives.

SCRIPT: Notice how your responses may have been different among your family members.

Shape Perception

SHAPE	POSITIVE	NEGATIVE
Information and Structure	Objective, Consistent, Calm, Process-Minded, Detail-Oriented	Stubborn, Boring, Apathetic, Too Slow, Too Rigid
Accountability and Results	Confident, Moves Quickly, Strong Opinions, Focused, Competitive	Egocentric, Leaves Others Behind, Intimidating, Intense, More “I” Focused than “We” Focused
Change and Growth	Open-Minded, Asks Good Questions, Constantly Searching, Introspective, Excited	Indecisive, Confused, Reluctant to Commit, Needs Constant Reassurance, Anxious
Connection and Engagement	Harmonizer, Emotionally Aware, Team Player, Caring, Good at Mentoring	Avoids Conflict, Too Sensitive, Enables Others, Takes on Too Much, Too Much Drama, Struggles with Holding Others Accountable
Energy and Innovation	Creative, Flexible, Innovative, Spontaneous, Fun	All Over the Place, Struggles with Routine, Struggles with Follow-Through, Not Dependable, Takes Things too Lightly

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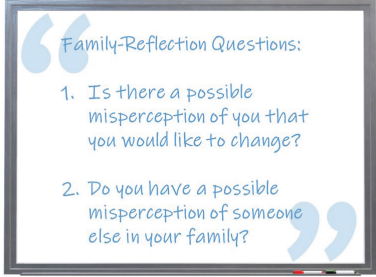
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SCRIPT: Now that you’ve had the opportunity to practice identifying Shape traits and behaviors, let’s take a look at the possible positive and negative perceptions of each Shape. Please note, these are just examples and may not necessarily all relate to you. Although, it is important to be aware of the possible perceptions of our Shapes, we don’t want to overcorrect. You will find a blank “Shape Perception” chart in your participant workbook. Feel free to write down any examples from this list that you would like to capture.

NOTE: Give participants a few minutes to capture any notes or thoughts.



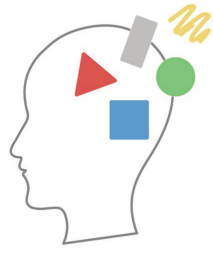

Module 2: Shape Perception

Slide	Script & Instructions
<p>Shape Perception</p>  <p>HRI shapesforfamilies PsychoGeometrics 57</p>	<p>SCRIPT: Take a few minutes to reflect and answer these two questions. Once you have had a chance to reflect individually, share your answers with your family members.</p> <p><i>NOTE:</i> Give participants a few minutes to share with their families. Ask for volunteers to share.</p>












Module 3: Shape Flexing

Slide	Script & Instructions
 <p>HRI shapesforfamilies PsychoGeometrics 58</p>	<p>SCRIPT: In Module Three, we will introduce the concept and benefits of “flexing.” Then we will learn the PsychoGeometrics term “Shape Flexing.” From there, we will define and understand the difference between the golden and platinum rule and how that influences how and why we should flex when communicating. We will identify the steps and apply the skill of Shape Flexing. And finally, you will discover how to use Shape Flexing to enhance and strengthen your communication style.</p>
<p>Shape Flexing</p> <p>What is Flexing?</p> <ul style="list-style-type: none"> Identifying and adjusting to communication styles that we are presented with at any given time. A skill, talent, or ability to use. Conscious or subconscious. <p>Examples:</p> <ul style="list-style-type: none"> Showing more or less emotion. Speaking pace. Volume of voice.  <p>HRI shapesforfamilies PsychoGeometrics 59</p>	<p>SCRIPT: Let’s start by defining the word “flexing.” Flexing is identifying and adjusting to communication styles that we are presented with at any given time. It can also be defined as a skill, talent, or ability to use. And lastly, flexing can be conscious or subconscious, meaning you may be aware or unaware that you are flexing while communicating. Some examples of flexing while communicating include showing more or less emotion by adding humor or a smile, showing patience, changing your volume of voice or speaking pace. Some flexing behaviors may be more challenging than others depending on your natural communication style and how you approach a situation.</p>
<p>Shape Flexing</p> <p>What is Shape Flexing?</p> <p>Shape Flexing is the skill set of adding a specific Shape behavior, or combination of Shape behaviors, to strengthen your communication effectiveness.</p>  <p>HRI shapesforfamilies PsychoGeometrics 60</p>	<p>SCRIPT: The PsychoGeometrics term “Shape Flexing” can be defined as the skill set of adding a specific Shape behavior, or combination of Shape behaviors to strengthen your communication effectiveness.</p>

Module 3: Shape Flexing

Slide	Script & Instructions
<p>Shape Flexing</p> <p>Why Shape Flex?</p> <ul style="list-style-type: none"> • Golden and Platinum Rule Golden Rule – Treat others how you would like to be treated. Platinum Rule – Treat others how THEY want to be treated. • Shape Flexing is the key to connectedness. • By Shape Flexing you raise the probability that others understand your communication style, you understand the communication style of others, and negative perceptions change to positive ones. 	<p>SCRIPT: Most everyone has heard of the Golden Rule – treat others how you want to be treated. But have you heard of the Platinum Rule? The Platinum Rule says to treat others how THEY want to be treated. Shape Flexing is the key to connectedness. When you flex, people see and hear (consciously or subconsciously) that you are aware of their Shape and communication preferences, and you are willing to change your own communication style to meet the needs of others. Finally, Shape Flexing raises the probability that others understand your communication style, you understand the communication style of others, and negative perceptions change to positive ones.</p>
<p>Shape Flexing</p> <p>Steps for Shape Flexing</p> <ul style="list-style-type: none"> • Enable your senses – Identify their Shape through verbal or nonverbal communication. “What do you see?” “What do you hear?” The answers serve as clues and help us make assumptions. • Process – Clarify your assumptions through open-ended questions or statements. “Tell me more.” • Connect the dots – Listen to understand. “What are they looking for?” “What do they need?” “What is their situation?” • Flex – Modify your communication style based on what they reveal about themselves and their situation. 	<p>SCRIPT: Soon we will learn the skills of how to Shape Flex to each of the five Shapes. But how do you know the Shape of others? The first step is to enable your senses. This means to pay attention to what you see and hear. Once we pick up on someone’s verbal or nonverbal behavior, we can begin to make our assumptions as to their Shape. The next step is process, where you clarify your assumptions through open ended questions or statements like “Tell me more.” Next, it’s time to connect the dots by listening to understand. What are they looking for? What do they need? What’s the situation? The last step of the process is to flex. Modify your communication style based on what they reveal about themselves and their situation. Remember, you can still be true to yourself when Shape Flexing.</p>
<p>Shape Flexing</p> <p>What does Shape Flexing look like for each Shape?</p>  	<p>SCRIPT: Now let’s learn what Shape Flexing looks like for each Shape.</p>

Module 3: Shape Flexing

Slide	Script & Instructions
<p data-bbox="159 155 446 176">Shape Flexing to Communicate with a Box</p>  <p data-bbox="548 256 698 394"> Slow it down. Give a heads up. Stick to the facts. Keep it steady. Don't push it. </p> <p data-bbox="181 487 792 508">    </p>	<p data-bbox="820 155 1453 562"> SCRIPT: We will start with the Box. When you are Shape Flexing to communicate with a Box consider these flexing tips. 1. Slow it down. The Box will appreciate the time to think and process. 2. Give a heads up. Boxes don't like to be caught off guard. Give advance notice when possible. 3. Stick to the facts. Boxes make decisions based on data not emotion. 4. Keep it steady. Avoid last minute surprises and keep your commitments. 5. Don't push it. Don't pressure the Box to compromise their values. They will respond by digging their heels in deeper. </p>
<p data-bbox="159 581 446 602">Shape Flexing to Communicate with a Box</p> <p data-bbox="165 634 251 709">“</p> <p data-bbox="256 661 487 682">Family Discussion Questions</p> <ul data-bbox="224 718 609 856" style="list-style-type: none"> • Who in your family is a primary or secondary Box? • How does/do the Box(es) in your family like to be approached? • What are a few examples of how you can flex to communicate with the Box(es) in your family? <p data-bbox="662 802 748 877">”</p> <p data-bbox="181 907 792 928">    </p>	<p data-bbox="820 581 1453 1033"> SCRIPT: We are now aware of some specific ways of how to flex to communicate with a Box. With your family, you will now discuss some real ways to flex to the actual Box in your life. Take a moment to determine who in your family is either a primary or secondary Box. That/Those person(s) is/are now the leader(s) of the conversation. They will explain the best ways to flex to communicate with them. If no one in your immediate family is a primary or secondary Box, think of a friend or someone in your extended family that may be a Box. Put yourself in the shoes of the Box and discuss how you, as the Box, would want people to flex towards you. </p> <p data-bbox="820 1045 1453 1176"> <i>NOTE: Give families about five minutes to discuss. Ask for volunteers to share what they discussed. Respond to volunteers and facilitate the conversation by asking open-ended questions.</i> </p>
<p data-bbox="159 1197 474 1218">Shape Flexing to Communicate with a Triangle</p>  <p data-bbox="522 1333 734 1472"> Less is more. Get to the point. Pick up the pace. Provide three options. Don't miss your exit ramp. </p> <p data-bbox="181 1522 792 1543">    </p>	<p data-bbox="820 1197 1453 1743"> SCRIPT: Next, we will look at some ways to Shape Flex when communicating with a Triangle. 1. Less is more. Triangles appreciate knowledge but they don't need to hear the whole story. Triangles value effectiveness in terms of time not quantity. 2. Get to the point. Triangles are busy and will interrupt or finish your sentences for you. 3. Pick up the pace. Start with "this can be brief." Triangles are more likely to be responsive if they know they can do it quickly. 4. Provide three options. Triangles don't like to be told what to do; they like having control and making the decision. 5. Don't miss your exit ramp. Going "on and on and on" will only frustrate the Triangle. They don't need you to explain it again or underscore anything you have already said. They got it the first time. </p>











Module 3: Shape Flexing

Slide	Script & Instructions
<p data-bbox="159 155 474 176">Shape Flexing to Communicate with a Triangle</p>  <p data-bbox="256 235 490 256">Family Discussion Questions</p> <ul data-bbox="224 289 620 445" style="list-style-type: none"> • Who in your family is a primary or secondary Triangle? • How does/do the Triangle(s) in your family like to be approached? • What are a few examples of how you can flex to communicate with the Triangle(s) in your family? <p data-bbox="181 483 792 508">    </p>	<p data-bbox="818 155 1468 634">SCRIPT: We are now aware of some specific ways of how to flex to communicate with a Triangle. With your family, you will now discuss some real ways to flex to the actual Triangle in your life. Take a moment to determine who in your family is either a primary or secondary Triangle. That/Those person(s) is/are now the leader(s) of the conversation. They will explain the best ways to flex to communicate with them. If no one in your immediate family is a primary or secondary Triangle, think of a friend or someone in your extended family that may be a Triangle. Put yourself in the shoes of the Triangle and discuss how you, as the Triangle, would want people to flex towards you.</p> <p data-bbox="818 655 1468 781"><i>NOTE: Give families about five minutes to discuss. Ask for volunteers to share what they discussed. Respond to volunteers and facilitate the conversation by asking open-ended questions.</i></p>
<p data-bbox="159 806 457 827">Shape Flexing to Communicate with a Circle</p>  <p data-bbox="500 903 750 1033"> Connect. Be nice and show it! Don't be in a hurry. Be vulnerable and ask for help. Put people first. </p> <p data-bbox="181 1134 792 1159">    </p>	<p data-bbox="818 806 1468 1633">SCRIPT: We will now look at ways to Shape Flex when communicating with a Circle. 1. Connect. Ask about something you have in common, such as a recent work holiday, a personal event, or someone you both know. Take an interest in who and what is important to them before moving on to the next thing on your agenda. 2. Be nice and show it! Being friendly and showing that you care is more important than what you know, what you want, or what you need. Use non-verbal communication like facial expressions (smile), body language (arms or hands open) and tone of voice (not too high and not too low) to engage with a Circle. 3. Don't be in a hurry. Take time to listen and talk it out. The Circle has lots of feelings, and they appreciate being able to verbalize those feelings without being a burden. 4. Be vulnerable and ask for help. This makes the Circle feel comfortable and builds trust, plus Circles like to help. Use emotion and unify by creating a shared consensus or sense of purpose. 5. Put people first. When approaching a Circle, be sure to lead with care and concern for the well-being of others. Link your communication to people, not things. State the impact to people before sharing the details.</p>

Module 3: Shape Flexing

Slide	Script & Instructions
<p data-bbox="159 155 461 176">Shape Flexing to Communicate with a Circle</p> <div data-bbox="168 197 259 281">“</div> <p data-bbox="259 226 493 247">Family Discussion Questions</p> <ul data-bbox="224 289 623 428" style="list-style-type: none"> • Who in your family is a primary or secondary Circle? • How does/do the Circle(s) in your family like to be approached? • What are a few examples of how you can flex to communicate with the Circle(s) in your family? <div data-bbox="656 184 776 302">●</div> <div data-bbox="656 365 743 449">”</div> <div data-bbox="181 483 227 508">HRI</div> <div data-bbox="428 483 522 508">shapessforfamilies</div> <div data-bbox="688 483 782 508">PsychoGeometrics 69</div>	<p data-bbox="818 155 1468 638">SCRIPT: We are now aware of some specific ways of how to flex to communicate with a Circle. With your family, you will now discuss some real ways to flex to the actual Circle in your life. Take a moment to determine who in your family is either a primary or secondary Circle. That/Those person(s) is/are now the leader(s) of the conversation. They will explain the best ways to flex to communicate with them. If no one in your immediate family is a primary or secondary Circle, think of a friend or someone in your extended family that may be a Circle. Put yourself in the shoes of the Circle and discuss how you, as the Circle, would want people to flex towards you.</p> <p data-bbox="818 651 1468 785"><i>NOTE: Give families about five minutes to discuss. Ask for volunteers to share what they discussed. Respond to volunteers and facilitate the conversation by asking open-ended questions.</i></p>
<p data-bbox="159 806 477 827">Shape Flexing to Communicate with a Squiggle</p> <div data-bbox="207 903 444 1041">☞</div> <div data-bbox="477 848 737 1083"> <p data-bbox="574 898 672 919">Make it fun!</p> <p data-bbox="558 928 688 949">Bring the energy!</p> <p data-bbox="516 957 730 978">Leave some wiggle room.</p> <p data-bbox="493 987 753 1008">Don't be too rigid or controlling.</p> <p data-bbox="574 1016 672 1037">Be Flexible.</p> <p data-bbox="574 1045 672 1066">Change it up!</p> </div> <div data-bbox="181 1129 227 1155">HRI</div> <div data-bbox="428 1129 522 1155">shapessforfamilies</div> <div data-bbox="688 1129 782 1155">PsychoGeometrics 70</div>	<p data-bbox="818 806 1468 1596">SCRIPT: The Squiggle is next. Consider these tips when Shape Flexing to communicate with a Squiggle. 1. Make it fun! If it's not fun, creative, or unique, you will quickly lose interest from the Squiggle. 2. Bring the energy! Speak quickly. Engage the Squiggle with a new idea, enthusiasm, and positivity. Squiggles can be easily bored. 3. Leave some wiggle room. Anything too structured will not appeal to the Squiggle. Ask for their ideas to make something more engaging or appealing to others. 4. Don't be too rigid or controlling. Squiggles beat to their own drum. They need the freedom to operate; to figure it out on their own. They don't respond well to mandates or negativity. 5. Be Flexible. A "go with the flow" attitude goes a long way with a Squiggle. Even in the midst of a challenging or intense situation, the Squiggle can lighten up and find something funny to laugh about. Don't mistake their laid-back attitude as complacency or a lack of drive. 6. Change it up! A Squiggle needs variety. Don't be afraid to "catch the Squiggle off-guard." Squiggles bounce back, can laugh at themselves, and they have a way of landing on their feet.</p>

Module 3: Shape Flexing

Slide	Script & Instructions
<p data-bbox="159 155 799 176">Shape Flexing to Communicate with a Squiggle</p> <div data-bbox="159 189 799 451">  <p data-bbox="251 226 483 247">Family Discussion Questions</p> <ul data-bbox="224 289 630 451" style="list-style-type: none"> • Who in your family is a primary or secondary Squiggle? • How does/do the Squiggle(s) in your family like to be approached? • What are a few examples of how you can flex to communicate with the Squiggle(s) in your family?   </div> <div data-bbox="159 472 799 514">    </div>	<p data-bbox="820 155 1464 640">SCRIPT: We are now aware of some specific ways of how to flex to communicate with a Squiggle. With your family, you will now discuss some real ways to flex to the actual Squiggle in your life. Take a moment to determine who in your family is either a primary or secondary Squiggle. That/Those person(s) is/are now the leader(s) of the conversation. They will explain the best ways to flex to communicate with them. If no one in your immediate family is a primary or secondary Squiggle, think of a friend or someone in your extended family that may be a Squiggle. Put yourself in the shoes of the Squiggle and discuss how you, as the Squiggle, would want people to flex towards you.</p> <p data-bbox="820 651 1464 787"><i>NOTE: Give families about five minutes to discuss. Ask for volunteers to share what they discussed. Respond to volunteers and facilitate the conversation by asking open-ended questions.</i></p>
<p data-bbox="159 806 799 827">Shape Flexing to Communicate with a Rectangle</p> <div data-bbox="159 840 799 1123">  <div data-bbox="568 840 714 1123" style="border: 1px solid gray; padding: 5px;"> <p data-bbox="609 861 673 882">Be patient.</p> <p data-bbox="592 903 690 934">Provide clear instructions.</p> <p data-bbox="592 945 690 976">Listen for understanding.</p> <p data-bbox="592 997 690 1029">Ask open-ended questions.</p> <p data-bbox="576 1039 706 1092">Keep Rectangles focused on what's important right now.</p> </div> </div> <div data-bbox="159 1134 799 1165">    </div>	<p data-bbox="820 806 1464 1774">SCRIPT: Finally, let's take a look at how to Shape Flex to communicate with someone in Rectangle mode.</p> <ol data-bbox="820 871 1464 1774" style="list-style-type: none"> 1. Be patient. The Rectangle is experiencing change and may be indecisive, unsure of themselves, or frustrated. Don't patronize, rush, or pressure them to "get through it" or "not worry about it." Validation of their thoughts and feelings is important. More than ever the Rectangle needs to understand and be understood. 2. Provide clear instructions. Ensure that your communication is clear and concise. The Rectangle is likely already feeling overwhelmed. Don't add to their chaos. 3. Listen for understanding. The Rectangle is not thinking, feeling, or acting like their typical selves. They are processing their thoughts, feelings, and the change itself. Practice active listening by being attentive, summarizing what you hear, and asking for clarification as needed. You earn the right to support, help, or guide by listening. 4. Ask open-ended questions. Give the Rectangle opportunities to talk and work through the change they are experiencing. This will prompt them to talk through their answers, using you as a much-needed sounding board. 5. Keep Rectangles focused on what's important right now. Since it can take up to 18 months to navigate through personal change, they must "reel themselves back into reality" from time to time and take the steps that are important to their survival and ultimately their success.

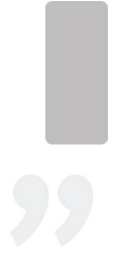
Slide

Script & Instructions

Shape Flexing to Communicate with a Rectangle

Family Discussion Questions

- Who in your family is going through a Rectangle change?
- How does/do the person(s) in Rectangle mode like to be approached?
- What are a few examples of how you can flex to communicate with the person going through a Rectangle phase?



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SCRIPT: We are now aware of some specific ways of how to flex to communicate with someone in Rectangle mode. With your family, you will now discuss some real ways to flex to the actual person in your life who is going through a Rectangle change. Take a moment to determine who in your family scored above a three in Rectangle. That/ Those person(s) is/are now the leader(s) of the conversation. They will explain the best ways to flex to communicate with them. If no one in your immediate family is going through a Rectangle transition, think of a friend or someone in your extended family who may be in Rectangle mode. Put yourself in the shoes of the Rectangle and discuss how you, as the person in a Rectangle phase, would want people to flex towards you.

NOTE: Give families about five minutes to discuss. Ask for volunteers to share what they discussed. Respond to volunteers and facilitate the conversation by asking open-ended questions.

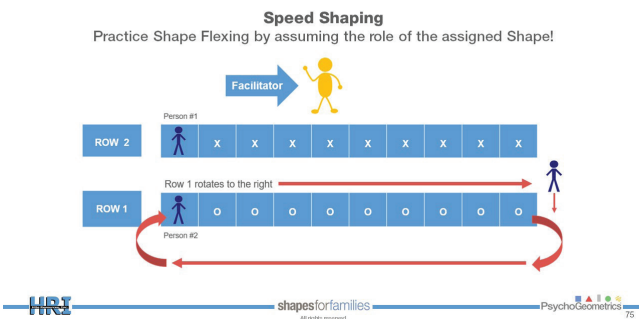
Speed Shaping



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SCRIPT: Now, we are going to play a fun game that gets us up and moving around.

Speed Shaping Setup



NOTE: You will need a fairly large amount of space for this activity. It may be a good opportunity to go outside, but keep in mind that your participants will need to be able to hear you say the prompts for this game and you will need to have a way to time it in 15-second intervals once you begin. If moving outside is not an option, you can try using a hallway or moving a few tables to clear a space to form two, parallel rows of people facing each other. If you have a total of 60 people you would have two rows of 30 people facing each other, regardless of location, whether you stay in the workshop room, go outside, or move to a hallway.

SCRIPT: It's now time to practice what we have learned when it comes to Shape Flexing. This is a fun and fast-paced activity called Speed Shaping! Here's how it works. You will begin by picking a partner. Then you will determine who will be person #1 and person #2.

(cont.)

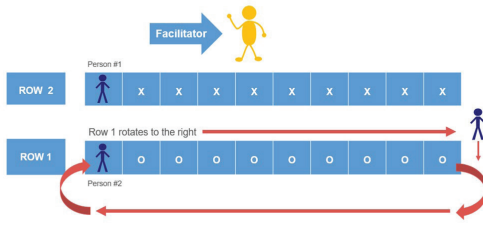
Module 3: Shape Flexing

Slide

Script & Instructions

Speed Shaping Setup

Speed Shaping
Practice Shape Flexing by assuming the role of the assigned Shape!



HR

shapesforfamilies

PsychoGeometrics 75

NOTE: Give participants a minute to find a partner and assign who will be person #1 and person #2.

SCRIPT: Now, we are going to make two parallel rows of people, approximately three feet apart, facing each other. There will be row 1 and row 2. If you are person #1 you will be in row 1 and if you are person #2 you will be in row 2. You will be standing directly in front of your partner. Please see the image on the screen if you are having trouble imagining what the two rows should look like.

NOTE: Give a few minutes for participants to get set up in their two rows. You may have to guide and direct people to the appropriate places if they are struggling on where to go. If there is an uneven amount of people, have the extra person stand at the end of row one (they will still be participating). There will be multiple rounds of this activity and they will sub in after the first round. Once everyone is standing in their rows, stand so that row 1 is facing you, as the facilitator, and row 2 has their back to you.

SCRIPT: Great! I will now ask row 1 to turn so they can see me and that row 2 stand facing their partner. Row 2's backs should be toward me.

NOTE: At this time, you can either begin the activity or do one final check to make sure everyone is in the right place. You can do this check by asking your participants to do the following;

Raise your hand if you are in row 1. If everyone else in your row is also raising their hand and you can see me, you are in the right place.

Raise your hand if you are in row 2. If everyone else in your row is also raising their hand, and your back is toward me, you are also in the right place.

Now point your finger at your partner. If your partner is directly across from you, facing you, then everyone is in the right place!

SCRIPT: Now that we are all in the right places, I will explain how the game works. I will begin by giving you a prompt and holding up a large SHAPE CARD so only the people in row 1 can see the Shape. The people in row 1 will assume the role of the Shape on the card and give the people in row 2 clues so the people in row 2 can guess the Shape. So, row 1 will be the clue givers and row 2 will be the guessers.

(cont.)

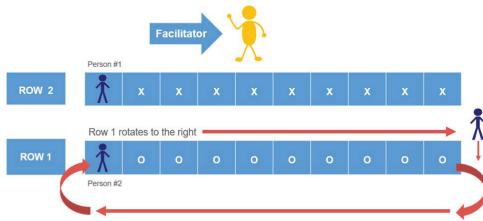
Module 3: Shape Flexing

Slide

Script & Instructions

Speed Shaping Setup

Speed Shaping
Practice Shape Flexing by assuming the role of the assigned Shape!



After the prompt is given, you will have 15 seconds to give clues and guess the answers. After every round, row 1 will “rotate” by moving one space to your right. Row 2, you will not “rotate” but since row 1 will be “rotating”, you will have a different partner every round. For row 1, when you get to the end of your row, walk around the back to the beginning of your row facing a new partner. Make sense?

NOTE: Pause and ask if anyone has any questions. Be careful not to over explain or complicate this activity. People tend to learn and “get it” more as the game goes on. Please note, if there are an odd number of people, the extra person will stand at the end of row 1 and wait until the next round to “rotate” in. There will be one person that sits out each round, but please remember rounds are only 15 seconds long so no one will be sitting out for long.

SCRIPT: Let’s start with a practice round. Everybody ready? Row 1 – tell your partner something that would motivate this Shape by finishing this sentence: “This Shape likes it when _____”.

NOTE: You will use the large SHAPE CARDS to hold up one card at a time so that row 1 can see the Shape on the card. Let’s say the first Shape you hold up is a Circle. The people in row 1 would say to the person directly across from them in row 2 something like: “when you include them.” Other responses might be when you smile at them or give them a hug, when you work together as a team, or when you thank them or appreciate them. Give them a little longer than 15 seconds to do this first one. After about 30 seconds or so, ask someone to share what they said to their partner. Then ask the partner to share what they guessed. This is a good time to reinforce that this game is meant to be fun and to have the time to practice what they are learning. No pressure to get it right. As long as we are learning, we are winning!

SCRIPT: Great job! Would someone in row 1 share what you said and what your partnered guessed? Anyone else want to share? Any questions?

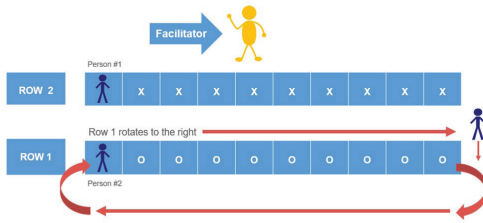
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Module 3: Shape Flexing

Slide

Speed Shaping Setup

Speed Shaping
Practice Shape Flexing by assuming the role of the assigned Shape!



Script & Instructions

NOTE: After making sure everyone understands and questions are answered, you are ready to begin! Depending upon your group, you may find that they are on the quiet side at first, but with every set of clues and guesses, they will get more comfortable with the game. The laughter and the chatter will increase, and you may find you need to use a microphone or talk loudly when it's time to rotate. You can also use a bell, or other sound, to signal it's time to rotate, asking row 1 to repeat and finish the same prompt but flexing to another Shape that you hold up on your large card for everyone in row 1 to see.

SCRIPT: Okay – let's start Shape Flexing and guessing! We will keep the same prompt for now. So, each time I say rotate, row 1 you will finish the same sentence according to the Shape on the card that only your row can see, and row 2 you will guess which Shape they are describing. Here we go! Row 1, this Shape likes it when _____

NOTE: Hold up a different Shape card and start your timer. Repeat this same prompt at least five times, remembering to say, "rotate" after every 15-seconds and before holding up the next Shape card. Use any of the prompts from the list below or create your own! You can do as few or as many rounds as time allows and that people are still engaged and enjoying the activity. Remember, you can do multiple rounds with the same prompt but changing the Shape.

Prompts:

This Shape doesn't like it when.....

This Shape just won \$100 dollars, here's the first thing they would do.....

It's the first day of school. How would this Shape like to be welcomed?

When it comes to the family vacation, this Shapes likes to.....

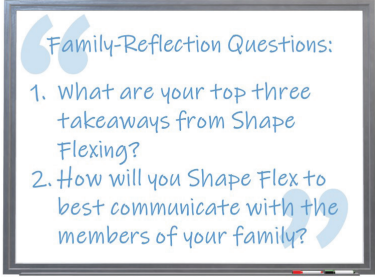
As this Shape, describe how to get to your house.

As this Shape, describe your morning routine.

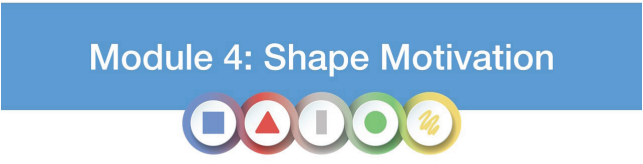

NOTE: Throughout the activity, remember to check in with the group. Ask questions like, "How are you feeling? Is it getting easier? Are you ready for the next prompt?"

See ACTIVITY INSTRUCTIONS on page 68.




Module 3: Shape Flexing

Slide	Script & Instructions
<p data-bbox="167 157 264 174">Shape Flexing</p> <div data-bbox="290 197 662 472">  <p data-bbox="331 226 621 256">Family-Reflection Questions:</p> <ol data-bbox="318 275 630 447" style="list-style-type: none"> 1. What are your top three takeaways from Shape Flexing? 2. How will you Shape Flex to best communicate with the members of your family? </div> <p data-bbox="181 485 228 506">HRI</p> <p data-bbox="428 489 524 510">shapesforfamilies</p> <p data-bbox="691 489 787 510">PsychoGeometrics 76</p>	<p data-bbox="820 157 1446 287">SCRIPT: In your Participant Workbook, take a few minutes to reflect and answer these two questions. Once you have had a chance to reflect individually, share your answers with your family members.</p> <p data-bbox="820 306 1469 369"><i>NOTE:</i> Give participants a few minutes share with their families. Ask for volunteers to share.</p>

Module 4: Shape Motivation

Slide	Script & Instructions
<div data-bbox="159 730 797 892">  <p data-bbox="245 768 711 806">Module 4: Shape Motivation</p> </div> <p data-bbox="181 957 228 978">HRI</p> <p data-bbox="428 961 524 982">shapesforfamilies</p> <p data-bbox="691 961 787 982">PsychoGeometrics 77</p>	<p data-bbox="820 627 1463 1003">SCRIPT: It's now time to move on to Module Four, Shape Motivation. In Module Four, we will introduce the concept of motivation and demotivation. Then we will learn the PsychoGeometrics terms "Shape Motivation" "Shape Demotivation," and "Shape Mojo." From there, we will learn how to apply "motivation awareness" to understand what motivates and demotivates you and others. And finally, you will discover how to raise the probability that you meet your motivational needs and the needs of others.</p>
<p data-bbox="164 1024 280 1041">Shape Motivation</p> <p data-bbox="188 1079 347 1096">What is Motivation?</p> <ul data-bbox="212 1121 509 1224" style="list-style-type: none"> • A driving force behind all action. • An internal state that stimulates and activates your behavior and gives it direction. • A natural force that can propel you forward. <div data-bbox="581 1079 711 1268">  </div> <p data-bbox="181 1350 228 1371">HRI</p> <p data-bbox="428 1354 524 1375">shapesforfamilies</p> <p data-bbox="691 1354 787 1375">PsychoGeometrics 78</p>	<p data-bbox="820 1018 1469 1780">SCRIPT: Let's start by defining the word "motivation." Motivation can be defined as the driving force behind all action. It's an internal state that stimulates and activates your behavior and gives it direction. However, it is important to note that what motivates one person, may not motivate another. Internal motivation is personal. Motivation is also a natural force that can propel you forward. This happens when something externally inspires you to get internally motivated. For example, a family wedding can be the external inspiration to get internally motivated to lose 10 pounds. Here's another example. Your son is having difficulty in school. You have been considering finding a tutor for your child, but you keep thinking he will eventually get the hang of it. After all, it takes a while to get adjusted to a new school, and he has always pulled through before. However, when mid-term progress reports are sent home, you see that your son is failing English and is also struggling with math. The progress report is the external inspiration that you gets you internally motivated to call a tutor today!</p> <p data-bbox="1386 1797 1469 1829">(cont.)</p>

Module 4: Shape Motivation

Slide	Script & Instructions
<p>Shape Motivation</p> <p>What is Motivation?</p> <ul style="list-style-type: none"> • A driving force behind all action. • An internal state that stimulates and activates your behavior and gives it direction. • A natural force that can propel you forward.  <p><small>HRI shapesforfamilies PsychoGeometrics 78</small></p>	<p>Can anyone else think of another example when external inspiration gets you internally motivated to take the action you may have been putting off for a while?</p> <p><i>NOTE: When someone shares an example, acknowledge their response. If time permits, ask for another example, also acknowledging their response and asking open ended questions so that they share more details. If you want to expand this workshop into a longer course, take some extra time here for partner or small group discussion about other examples of external inspiration that gets you internally motivated.</i></p> <p>SCRIPT: As we can see, inspiration and motivation work hand in hand. It is being motivated that can keep you in a state of forward motion. Think of motivation as every bit as important as the air you breathe. It can contribute to your physical, mental, and emotional growth and overall health. Some people say motivation is just “fluff,” but motivation is truly the first step to productivity. It is also the first step to having the desire, energy, and resiliency to bounce back and keep moving forward, even when you don’t feel like it.</p>
<p>Shape Motivation</p> <p>What is Demotivation?</p> <ul style="list-style-type: none"> • An internal state. • Lack of drive or movement. • Natural force, but instead of propelling you forward, it can slow you down. • Can contribute to a lack of energy.  <p><small>HRI shapesforfamilies PsychoGeometrics 79</small></p>	<p>SCRIPT: It may sound like a pretty simple question, but what is demotivation? Obviously, it is the opposite of motivation. So, what does that really mean? It’s an internal state, just like motivation, but instead of propelling you forward, it can slow you down, bring you to a standstill, or cause you to fall behind. Being demotivated means you have a lack of drive and energy, while the world continues on without you.</p>
<p>Shape Motivation</p> <p>What is Shape Motivation?</p> <ul style="list-style-type: none"> • Shape Motivation is specific to each of the five geometric Shapes of PsychoGeometrics. • It is what specifically motivates each of the Shapes, based on their natural traits, behaviors, and how they relate to others.  <p><small>HRI shapesforfamilies PsychoGeometrics 80</small></p>	<p>SCRIPT: The good news is that with awareness, knowledge, skill, and desire, you have the power to raise the probability you stay motivated, get “re-motivated,” and communicate your motivation needs to others. You also have the power to approach others in way that will be motivating to them. In this case, think of yourself as the inspiration that can get others motivated.</p>

Module 4: Shape Motivation

Slide

Script & Instructions

Shape Motivation

What is Shape Demotivation?

- Shape Demotivation is also specific to each of the five geometric Shapes of PsychoGeometrics.
- It is what specifically demotivates each of the Shapes, based on their natural traits, behaviors, and how they relate to others.



SCRIPT: Just as motivation is personal and specific to each of the Shapes, demotivation is also personal and specific to the Shapes, as well. Let me underscore that what motivates and demotivates one Shape may be drastically different than what motivates or demotivates another Shape. As is the case with Shapes in general, “one size” does not fit all.



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Shape Motivation

Family Activity

1. What might motivate each Shape?
2. What might demotivate each Shape?

SHAPE	WHAT MOTIVATES	WHAT DEMOTIVATES
Information and Structure		
Accountability and Results		
Change and Growth		
Connection and Engagement		
Energy and Innovation		

SCRIPT: With your family, you will work to complete this chart. This chart can be found in your Participant Workbook. Discuss the possible motivators and demotivators of each Shape and write down your answers in the chart. Once you have brainstormed multiple motivators and demotivators for each Shape, identify your top three for each.

NOTE: Give families about 10 – 12 minutes to complete their charts and identify the top three motivators and demotivators for each Shape. Go through each Shape and ask for volunteers to share their top three positive and negative responses.



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Shape Motivation

SHAPE	WHAT MOTIVATES	WHAT DEMOTIVATES
Information and Structure	A Logical Approach, A Proven Track-Record, Advance Notice, Facts, Following the Rules, Time to Process	An Emotional Approach, Lack of History or Research, Lack of Preparation, Being 'Put on the Spot', Baseless Assumptions, Non-Compliance, Rushed to Make a Decision
Accountability and Results	Results, Options, Control, Bullet Points, Direct, to-the-Point	A Slow Process, A Mandate, Lack of Control, Long Paragraphs, Drama
Change and Growth	Different Perspectives, Being Heard, Having a Mentor, Support From Others, Exploring What's Next	Close-Minded, Being Ignored or Patronized, Advice without Listening First, A Lack of Patience or Concern, Fear of the Unknown
Connection and Engagement	Inclusion, Stories, Appreciation, Teamwork, Collaboration	Overlooked, Spreadsheets, Conflict, Individual Competition, Resistance
Energy and Innovation	Freedom, Positive Energy, Standing Out, Frills, Excitement	Routine, Skeptical or Pessimistic, Fitting In, Basic, Indifference

SCRIPT: Here are some of the most common responses of motivators and demotivators for each Shape. Feel free to write down any examples from this list in your own chart.



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Shape Motivation



What is “Shape Mojo”™?

- Your undefined personal way of getting something done related to your unique Shape combination.
- It's what excites and interests you.
- It's your special, “energizing” formula for showing enthusiasm through your Shapes.

SCRIPT: Now let's talk about something we like to call “Shape Mojo”. Simply put, “Shape Mojo” is what excites, interests, and energizes your Shapes. It's your unique formula for getting things done. When you are “off-track” or not feeling productive, motivated, or successful, it's time to find your “Shape Mojo” to get it back!



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Module 4: Shape Motivation

Slide

Script & Instructions

Shape-MOJO™ Game



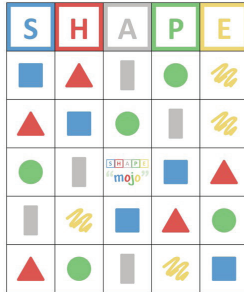
HRI

shapesforfamilies

PsychoGeometrics 95

SCRIPT: We are now going to play “Shape-Mojo”!

Shape-MOJO™ Game



HRI

shapesforfamilies

PsychoGeometrics 96

SCRIPT: If you’ve ever played bingo, you will catch on quickly to our version of the game that we call “Shape-Mojo.” This game will help us see how well we know what motivates and demotivates each of the Shapes. In your Shapes for Families Toolkit, you should find the “Shape-Mojo” playing card. There should be one per family. The way the game will work is I will read a statement that motivates one of the Shapes. You and your family will have about 30 seconds to discuss which Shape would be motivated by the statement, then place a chip on that Shape (it doesn’t matter which column or row). I will continue to read statements until one family fills in five spaces that make a diagonal, vertical, or horizontal line. When your family has five spaces filled in either diagonally, vertically, or horizontally, your family can yell out “MOJO!” The family who does this first will win the game.

NOTE: “Shape-Mojo Chips” will either be found in your Facilitator’s kit or in family’s individual toolkits. If you have the chips, distribute them at this time. If they are located in the family’s toolkits, instruct them to pull them out of their toolkit. You can either set these out prior to the workshop or pass them out at this time.

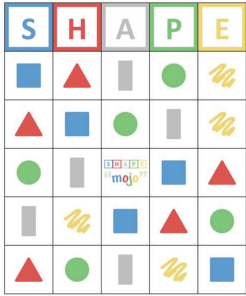
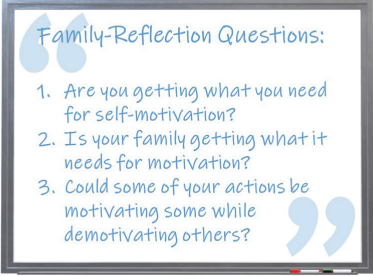
Begin the game. Depending on time and engagement, you can play this game a few times. Feel free to come up with your own statements.

NOTE: Please see the example statements below. Full activity instructions can be found in your Shapes for Families Facilitator Guide.




1. The game is highly competitive. (Triangle)
2. You can take some time to think about it before you give me your answer. (Box)
3. We want you to be the leader of our group. (Triangle)
4. You get to pick two or three friends to come over and hang out this weekend. (Circle)
5. Tell me more. (Rectangle)

(cont.)

Module 4: Shape Motivation

Slide	Script & Instructions
<p data-bbox="159 157 308 178">Shape-MOJO™ Game</p> 	<p data-bbox="820 151 1323 184">6. It's OK to change your mind. (Rectangle)</p> <p data-bbox="820 193 1421 256">7. Please come up with a way to make this activity more exciting. (Squiggle)</p> <p data-bbox="820 264 1437 327">8. It doesn't matter if you win or lose as long as you are having fun! (Squiggle)</p> <p data-bbox="820 336 1429 399">9. Let's determine a budget for our family vacation. (Box)</p> <p data-bbox="820 407 1453 470">10. Here's the step-by-step detailed plan for each day of our vacation. (Box)</p> <p data-bbox="820 478 1437 541">11. You can paint your bedroom any color you want. (Squiggle)</p> <p data-bbox="820 550 1469 592">12. Let's sit down and eat together as a family. (Circle)</p> <p data-bbox="820 600 1453 663">13. Receiving a handwritten note or drawing to show appreciation is better than getting money. (Circle)</p> <p data-bbox="820 672 1396 735">14. We will award one winner a trophy or medal (Triangle)</p> <p data-bbox="820 743 1469 785">15. Teamwork is more important than winning. (Circle)</p> <p data-bbox="820 793 1453 856">16. Someone who will take time to listen and mentor me, then tell me what I should do. (Rectangle)</p> <p data-bbox="820 865 1453 928">17. I need someone who can figure out the best route for our trip in order to save time and money. (Box)</p> <p data-bbox="820 936 1396 999">18. I am happiest when everyone in our family is happy. (Circle)</p> <p data-bbox="820 1008 1429 1071">19. Can you come up with some new ideas for us to celebrate New Year's as a family? (Squiggle)</p> <p data-bbox="820 1079 1453 1121">20. Here's the summary with three options. (Triangle)</p> <p data-bbox="820 1171 1323 1205">See <u>ACTIVITY INSTRUCTIONS</u> on page 69.</p>
<p data-bbox="165 1270 289 1291">Shape Motivation</p> 	<p data-bbox="820 1264 1453 1402">SCRIPT: Take a few minutes to reflect and answer these three questions. Once you have had a chance to reflect individually, share your answers with your family members.</p> <p data-bbox="820 1411 1437 1474"><i>NOTE: Give participants to share with their families. Ask for volunteers to share.</i></p>



Module 5: Strategic Shaping

Slide	Script & Instructions
 <p>Module 5: Strategic Shaping</p> <p>HRI shapesforfamilies PsychoGeometrics 88</p>	<p>SCRIPT: It's now time for our final module of the PsychoGeometrics communication system, Module Five, Strategic Shaping. We will start by introducing the PsychoGeometrics term "Strategic Shaping." Then we will learn how to use the Strategic Shaping Model to maximize our Shape strengths, manage our Shape challenges, and leverage all five Shapes for the ultimate advantage to communicate effectively.</p>
<p>Strategic Shaping</p> <p>What is Strategic Shaping?</p> <p>The process of using all five Shapes to structure your communication for planning, problem solving, and conflict resolution.</p>  <p>HRI shapesforfamilies PsychoGeometrics 89</p>	<p>SCRIPT: Strategic means you have a detailed and planned strategy that has been thoughtfully created to achieve a specific purpose. When you add your knowledge of the Shapes, Strategic Shaping simply means using the strengths of all five Shapes in your approach. It is important to note that while all five Shapes are important to a successful strategy, all five Shapes do not need to be used equally. Similar to a recipe, there may be five important ingredients, but you only need a dash of salt compared to a cup of flour or sugar. The same is true of the five Shapes.</p> <p>The Strategic Shaping Model is how you create your perfect recipe for effective communication, especially when it comes to planning, problem solving, and conflict resolution.</p>
<p>Strategic Shaping</p>  <p>HRI shapesforfamilies PsychoGeometrics 90</p>	<p>SCRIPT: Let's look at the necessary ingredients now.</p> <p>The first ingredient is the Rectangle. Most people do not think of listening as the first step to creating a successful strategy. However, listening to understand is the key and first step to effective communication, whether it's planning, problem-solving, or resolving conflict.</p> <p>For example, let's say you are trying to solve a problem, or someone has come to you for problem-solving advice. Our natural tendency is to start the problem-solving process by going to our most natural Shapes first, such as your primary and secondary Shapes. Very rarely do we think of the first step of problem solving to be pausing, then asking, and listening. It seems almost counterintuitive to most of us.</p> <p>This is why the Rectangle is the most valuable skill set we can develop. To train ourselves to start with Rectangle requires conscious thinking since it's not a natural place for most of us to start.</p> <p style="text-align: right;">(cont.)</p>

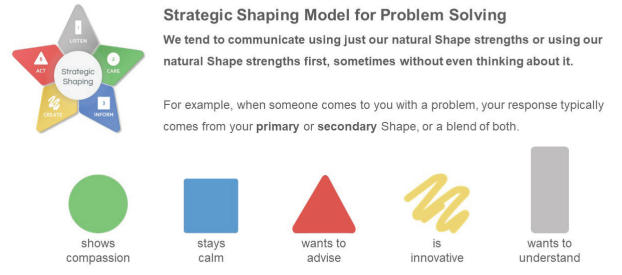

Module 5: Strategic Shaping

Slide	Script & Instructions
<p>Strategic Shaping</p> <p>1 LISTEN "I want to understand. Tell me more."</p> <p>Strategic Shaping</p> <p>HRI shapesforfamilies PsychoGeometrics 90</p>	<p>Think about it. If someone you love asks you to help them solve a problem, how would you naturally respond? A Box would remain calm and ask for the facts. The Triangle would spare you the time it would take to problem solve on your own, and instead, tell you the three things to do, and do now, to relieve your pain. The Circle would want to comfort you. The Squiggle would want to give you 10 ideas then encourage you to try them all until one of them works!</p> <p>Instead, Strategic Shaping means you intentionally use all five Shapes to help solve the problem. It starts with three little words, "Tell me more."</p>
<p>Strategic Shaping</p> <p>1 LISTEN "I want to understand. Tell me more."</p> <p>2 CARE "I want to help." Show compassion or concern.</p> <p>Strategic Shaping</p> <p>HRI shapesforfamilies PsychoGeometrics 91</p>	<p>SCRIPT: Secondly, you will definitely need a dose of Circle to ensure a successful recipe. It is implied that you care if you take the time to Rectangle listen for understanding. But to underscore how much you care, the second ingredient is to say it and show it. If the three most important words to problem solving is "tell me more," then the four most important words to problem solving are, "I want to help." Make sure your non-verbal communication supports your verbal communication. In other words, if you say you want to help, make sure your facial expressions, body language, and tone of voice is in alignment. Relax your face, soften your tone of voice, and make eye contact as you say you want to help. Extend a hand or, if appropriate in some personal relationships, touch their arm or place your hand on their shoulder to "show" you care. In some cases, when you have a personal relationship already in place with someone, you may even want to offer a hug. Say, "I'm here for you." The Circle is not only how you show that you care, but also how you connect.</p>
<p>Strategic Shaping</p> <p>1 LISTEN "I want to understand. Tell me more."</p> <p>2 CARE "I want to help." Show compassion or concern.</p> <p>3 INFORM "Let's consider the facts." Be logical.</p> <p>Strategic Shaping</p> <p>HRI shapesforfamilies PsychoGeometrics 92</p>	<p>SCRIPT: Next, it's time to take a step back from emotion and be objective. You can still show you care while wanting to know the facts, as brutal as they may be. It's hard to help people if you don't know the non-emotional details of the situation. You can say, "I care about you too much not to know or address the facts. That's how we will figure this thing out!"</p>













Module 5: Strategic Shaping

Slide	Script & Instructions
<p data-bbox="159 155 284 176">Strategic Shaping</p>  <p data-bbox="181 485 228 506">HRI</p> <p data-bbox="430 485 524 506">shapesforfamilies</p> <p data-bbox="690 485 792 506">PsychoGeometrics 93</p>	<p data-bbox="820 155 1461 562">SCRIPT: You have listened to understand. You have said that you care and want to help. You have asked for the facts. Now what? It's either time to get Squiggle creative, share some inspiration, and words of encouragement. The Squiggle says, "There's got to be a way. Let's dig deeper!" Or "If there's anyone who can do this, it's you!" The Squiggle may also sense it's time to take a break and lighten up before continuing the problem-solving process. "Let's take a break and go have some fun! The problem will still be here tomorrow, and we can tackle it head on then!"</p>
<p data-bbox="159 581 284 602">Strategic Shaping</p>  <p data-bbox="181 911 228 932">HRI</p> <p data-bbox="430 911 524 932">shapesforfamilies</p> <p data-bbox="690 911 792 932">PsychoGeometrics 94</p>	<p data-bbox="820 581 1461 678">SCRIPT: Let's recap. You are trying to help someone solve a problem You have used the Strategic Shaping Model for the first four steps.</p> <p data-bbox="820 699 1461 1077">The person who has come to you for help knows you Rectangle understand and Circle care. They also know you have the Box facts of the situation and that you will Squiggle challenge the status quo, digging deeper for an idea that might not even make sense in the moment, but wind up being the game changer in the end. Now you have earned the right to Triangle advise, recommend, or guide. This is so important to "earn the right." It starts with the Rectangle. Listening doesn't mean you have to agree. It means you care enough to understand.</p> <p data-bbox="820 1098 1461 1291">Now is the time to make your recommendation to solve the problem, or initiate responsibility, accountability, and action on the part of the person who has come to you for help. The Triangle may say, "Now that we have talked it out, what do you think should be your next step?"</p>







Module 5: Strategic Shaping

Slide	Script & Instructions
<p>Strategic Shaping Model – Problem Solving</p>  <p>Strategic Shaping Model for Problem Solving We tend to communicate using just our natural Shape strengths or using our natural Shape strengths first, sometimes without even thinking about it.</p> <p>For example, when someone comes to you with a problem, your response typically comes from your primary or secondary Shape, or a blend of both.</p> <p>shows compassion stays calm wants to advise is innovative wants to understand</p> <p>HRI shapesforfamilies PsychoGeometrics 95</p>	<p>SCRIPT: If you want to become a more effective communicator and strengthen the relationships that mean the most to you, the most important words you can say is, “Tell me more. I want to understand.” It takes an open mind and the discipline to use all five Shapes, starting with the Rectangle to communicate effectively, instead of jumping to your primary or secondary Shapes. Keep in mind that you show love, care, and concern through your natural Shapes. Instead of listening to understand as the first step of effective communication, you instinctively jump to your “go to Shapes.” These are your primary and secondary Shapes. It’s like breathing. You don’t even think about it. You just do it. That’s why using the Rectangle has to be a learned skill set, since being in an open-state of mind is not natural for most of us.</p> <p>Whether the objective is to be an active listener to understand your partner, an open-minded leader to connect with your team, or a more creative, collaborative, or strategic problem solver, adding the Rectangle to your communication style is a game changer.</p>
<p>Strategic Shaping – Problem Solving Scenarios</p> <p>With your family:</p> <ul style="list-style-type: none"> Discuss the following questions for the scenario your family selects: <ul style="list-style-type: none"> How might you naturally respond using only your primary and secondary Shapes? How might your response look differently using all five Shapes?  <p>HRI shapesforfamilies PsychoGeometrics 96</p>	<p>SCRIPT: Now you are going to have the opportunity to practice and apply the Strategic Shaping Model for problem solving. In your Shapes Participant Workbook, you will find five Strategic Shaping Scenarios. Read each scenario as a family and pick one to use in this activity. Scenario #5 is a “create your own scenario.” If none of the other scenarios resonate with you or your family, please feel free to make up your own! Just be sure your scenario includes a communication problem that needs to be solved. With your family, discuss the following questions: 1. How might you naturally respond using only your primary and secondary Shapes? 2. How might your response look differently using all five Shapes? Use your Participant Workbook to capture your thoughts and ideas. Then select one family member to share when we return for large group discussion.</p> <p><i>NOTE: Give participants about 15 minutes to work with their family and create a response to their scenario using the Strategic Shaping Model. Ask for a few volunteers to share their responses. Respond to volunteers and facilitate the conversation by asking open-ended questions.</i></p>

Module 5: Strategic Shaping

Slide	Script & Instructions
<p style="text-align: center;">Strategic Shaping – Parent to Child Scenario</p> <p style="text-align: center;">Strategic Shaping Scenario #1</p> <p>You and your family have just moved to a new state. Your middle school-aged daughter is struggling to adjust to her new school. She is missing her old friends and feeling upset that she hasn't made any new friends yet.</p> <p style="text-align: center;">Use the Strategic Shaping Model to plan your response when your daughter comes to tell you about the situation.</p> <p style="text-align: center;">    </p>	<p><i>NOTE: Share this slide during the large group discussion.</i></p>
<p style="text-align: center;">Strategic Shaping – Child to Parent Scenario</p> <p style="text-align: center;">Strategic Shaping Scenario #2</p> <p>You've just been invited by some kids from school to a movie this Friday night! You've recently moved to a new city, and this is the first time you've been invited to hang out with friends outside of school. You really want to go but know that your Grandmother is coming to town for the weekend. You are also aware that your dad has planned a family dinner at home.</p> <p style="text-align: center;">Use the Strategic Shaping Model to help plan your approach when discussing the movie with your dad.</p> <p style="text-align: center;">    </p>	<p><i>NOTE: Share this slide during the large group discussion.</i></p>
<p style="text-align: center;">Strategic Shaping – Parent to Parent Scenario</p> <p style="text-align: center;">Strategic Shaping Scenario #3</p> <p>You and your partner have an elementary-aged son. Lately, he seems to really be struggling in math. Prior to this year, he has always done "ok" in math. He never got A's (excellent performance), but he typically maintained B's (good performance), with an occasional C (satisfactory performance). On his last report card, he had a D (less than satisfactory performance) in math and his teacher mentioned her concerns during the last parent/teacher conference. You think it's time to hire a tutor, but your partner is not as convinced. Your partner says "It's only one report card! He'll bring up the grade. He is a smart kid!" You also believe your son is smart but feel strongly that he needs some extra help.</p> <p style="text-align: center;">Use the Strategic Shaping Model to address your concerns and guide a conversation with your partner.</p> <p style="text-align: center;">    </p>	<p><i>NOTE: Share this slide during the large group discussion.</i></p>
<p style="text-align: center;">Strategic Shaping – Sibling to Sibling Scenario</p> <p style="text-align: center;">Strategic Shaping Scenario #4</p> <p>It's finally summer vacation! You have a lot of plans this summer including a summer job, high school soccer workouts, a few college campus visits, and hanging out with friends. But none of these plans start until next week so you have the entire week to relax and enjoy the start of summer! On her way out the door for work this morning, your mom hands you a list of household chores and yard work that she would like you and your brother to complete this week. The list doesn't look that overwhelming for two people; however, your younger brother hasn't always been known to pull his weight. It seems like you are always the one stuck with most of the work. Although you are only 15 months older, you've always felt several years more mature than him.</p> <p style="text-align: center;">Use the Strategic Shaping Model to approach your brother about splitting up the chores and yard work and executing your plan.</p> <p style="text-align: center;">    </p>	<p><i>NOTE: Share this slide during the large group discussion.</i></p>

Module 5: Strategic Shaping

Slide	Script & Instructions
<p data-bbox="159 155 435 176">Strategic Shaping #5 – Create your Own!</p> <p data-bbox="311 226 639 252">Strategic Shaping Scenario #5</p> <p data-bbox="240 281 711 382">If you prefer, please feel free to create your own scenario. Be sure to include a communication problem and then use the Strategic Shaping Model to help solve the problem.</p> 	<p data-bbox="818 155 1399 222"><i>NOTE: Share this slide during the large group discussion.</i></p>
<p data-bbox="165 533 289 554">Strategic Shaping</p> <div data-bbox="289 575 662 848" style="border: 1px solid gray; padding: 10px;"> <p data-bbox="311 617 594 651">Family-Reflection Question:</p> <p data-bbox="311 680 607 823">1. What part of the Strategic Shaping Model will help you the most when communicating with your family?</p> </div> 	<p data-bbox="818 533 1442 667">SCRIPT: In your Participant Workbook, take a few minutes to reflect and answer this question. Once you have had a chance to reflect individually, share your answers with your family members.</p> <p data-bbox="818 684 1438 751"><i>NOTE: Give participants a few minutes to share with their families. Ask for volunteers to share.</i></p>
Family Applications	
Slide	Script & Instructions
<p data-bbox="311 1146 639 1184">Family Applications</p>  	<p data-bbox="818 1003 1464 1243">SCRIPT: Now that we have completed the five modules, we will move on to the Family Applications section of our workshop. This section will include four additional activities. They are 1. How does each Shape show Love?, 2. Building & Shaping Trust, 3. Shaping your way through Change, and 4. The Family Awareness Wheel.</p>
<p data-bbox="191 1524 756 1562">How does your Shape show love?</p>  	<p data-bbox="818 1381 1468 1449">SCRIPT: We will start with discussing how each Shape can show love differently.</p>

Family Applications

Slide

Script & Instructions

How does your Shape show love?

Box

"I remain calm and objective, focusing more on the facts than the feelings."

Triangle

"I want to take away your pain and solve your problem as quickly as possible!"

Rectangle

"I fall short showing care and concern for others because I'm overwhelmed by the changes in my own life."

Circle

"I stop what I'm doing and make time to listen and offer comfort."

Squiggle

"I will be your biggest cheerleader!"

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PsychoGeometrics 105

SCRIPT: The way one Shape shows love might not be how another Shape shows love. Here are some examples of how each Shape might show they care when someone they love is facing a problem.

NOTE: Read the quotes on the screen. Feel free to add in your own stories where you see fit.

SCRIPT: Now, let's talk through a potential real-life example. Let's use the scenario of celebrating someone's birthday. How might each Shape show love to their family member on their birthday?

NOTE: Pause and ask for a few volunteers to give an example on how each Shape might show someone they love them on their birthday.

SCRIPT: The Box might buy them a functional gift, like a vacuum cleaner; the Triangle might give them a gift card to their favorite store; the Circle might plan an afternoon at the beach to spend time together; while the Squiggle might attempt to bake them a cake from a recipe they found through social media. Since the Rectangle is often consumed by the changes in their own life, they may struggle to come up with an idea or form a plan for someone's birthday. The unlimited possibilities could be too overwhelming for the Rectangle. It is also possible that someone in Rectangle mode might forget someone's birthday. It's not because the Rectangle doesn't care, they may just be so overwhelmed and self-consumed that it slips their mind. In most cases, the person in Rectangle mode will feel badly and may revert back to their primary Shape to try and make it up to the person they love.

Family Applications

Slide	Script & Instructions
<p>How do your family members show love?</p> <p>Family Discussion</p> <ol style="list-style-type: none"> 1. Knowing each other's Shapes, discuss your natural ways of showing love. 2. Discuss how you each prefer to receive love. 3. Is the way your family member(s) show(s) love the way you want to be loved? Is the way you show love the way your family member(s) want(s) to be loved?  <p><small>HRI shapesforfamilies PsychoGeometrics 106</small></p>	<p>SCRIPT: Now let's talk specifically about how you and your family member(s) show(s) care/love. You will have time to discuss the following prompts/questions 1. Knowing each other's Shapes, discuss your natural ways of showing care/love. 2. Discuss how you each prefer to receive care/love. 3. Is how you prefer to receive care/love the same as how your family member(s) show(s) care/love? Is how you show care/love the same as how your family member(s) prefer(s) to receive care/love?</p> <p><i>NOTE: Give participants about 12 minutes to discuss with their family. After 12 minutes, bring participants back to the larger group and ask for volunteers to share what they discussed. Respond to volunteers and facilitate the conversation by asking open-ended questions.</i></p>
<p>Building and Shaping Trust</p>  <p><small>HRI shapesforfamilies PsychoGeometrics 107</small></p>	<p>SCRIPT: We will now move on to Building and Shaping Trust. In this section, we will discuss how to build trust with each Shape.</p>
<p>Building Trust with each Shape</p> <ul style="list-style-type: none"> Box Do what you say you will do, and do it well, consistently. Ask me what I know and what I think. Triangle Be confident, take action, and produce results. Follow me. Rectangle Tell me more. Listen to me, be patient with me, support me, and advise me. Circle Show you care about me, my team, and my family first. Appreciate me. Squiggle Just be straight with me. Give me the flexibility to get my job done. <p><small>HRI shapesforfamilies PsychoGeometrics 108</small></p>	<p>SCRIPT: Building trust can look differently for each Shape. A Box may say "Do what you say you will do, and do it well, consistently. Ask me what I know and what I think." To build trust with a Box, it's important to have a logical, proven process, or plan.</p> <p>A Triangle may say "Be confident, take action, and produce results. Follow me." To build trust with a Triangle, give them some kind of authority, ownership, or influence.</p> <p>A Circle may say "Show you care about me, my team, and my family first. Appreciate me." To build trust with a Circle, show them how much you care and take time to show your appreciation.</p> <p>A Squiggle may say "Just be straight with me. Give me the flexibility to get my job done." To build trust with a Squiggle, make it fun or let them have fun, show your willingness to be different or accept differences.</p> <p>A Rectangle may say "Tell me more. Listen to me, be patient with me, support me, and advise me." To build trust with a Rectangle, provide them the opportunity to explore and support their growth.</p>

Family Applications

Slide

Script & Instructions

Building and Shaping Trust

Family Discussion

1. How might you build trust with a family member who is a primary Box? Triangle? Circle? Squiggle?
2. How might you build trust with a family member who is in Rectangle mode?
3. How would someone build trust with you?



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PsychoGeometrics 109

SCRIPT: Now that we have discussed ways of building trust with each Shape, you will have an opportunity to talk with your family. With your family, please discuss how your approach might look differently when building trust with each family member as each Shape.

NOTE: Give families about 10 minutes to discuss the questions. After 10 minutes, bring participants back together for a large group discussion. Go through each Shape and ask for volunteers to share an example of how to build trust with that Shape. Ask for any “ah-hah” moments. Respond to volunteers and facilitate the conversation by asking open-ended questions.

Shaping Your Way through Change



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PsychoGeometrics 110

SCRIPT: Now we will move on to Shaping Your Way through Change. Change is inevitable. It can be both exciting and scary. You may find yourself faced with having to navigate yourself and your family effectively through change. In order to accomplish this, we will look at what each Shape needs to embrace, manage, and lead change.

How Shapes Respond to Change

left side thinking
logical, linear, factual



resistant to change that is new, different, or unproven.

a transitional shape



change

right side thinking
creative, innovative, emotional



sensitive to the impact from change and how it makes people feel.



likes change that's fun and promotes freedom, but questions change that is boring, restrictive, or too rigid.

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PsychoGeometrics 111

SCRIPT: First, it's important to recognize your natural response to change. The Box can be resistant to a change with little information and no proven-track record. Or they could be excited if they get to be part of solving a problem caused by the change. The Triangle can be uncomfortable with change that lessens control but might get excited to overcome a challenge for the big win. The Circle might be concerned or worried about a change that people might not like but they could be motivated by a change that benefits the people they care about in life. The Squiggle is not so worried about change, because after all the Squiggle gets bored easily and change can be fun! But the Squiggle will rebel in response to a change that restricts their independence, freedom, and flexibility. And yet what we sometimes don't like, don't want, or causes us to be uncomfortable is exactly what we need for personal growth and change. Regardless of your primary and secondary Shapes, people experiencing a significant change will be thrown into the “unknown” called the Rectangle. Not all people are even aware this is happening, but most people report that when experiencing a significant change in life, they don't feel like their typical self.

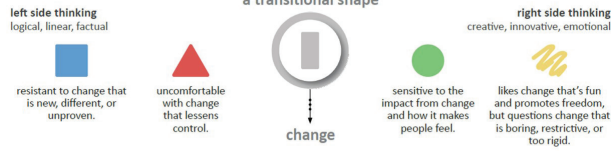
(cont.)

Family Applications

Slide

Script & Instructions

How Shapes Respond to Change



HRI shapesforfamilies PsychoGeometrics 111

A life change can be anything that disrupts your typical thoughts, feelings, moods, behaviors, and interactions with others, such as starting school, finishing school, going back to school, moving to a new city or country, taking a new job, losing or leaving a job, getting married, getting divorced, having a baby, adopting a baby, being an empty nester, losing a close friend or family member, caring for aging parents, experiencing a serious injury or health issue, surviving a natural disaster, or learning how to cope during a pandemic. During significant life changes, you can be both excited and scared. Or a little of both.

Embracing, Managing, & Leading through Change

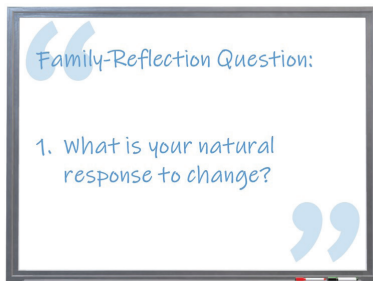
SHAPE	What do you need to embrace change?	What do you need to manage change?	What do you need to lead change?
may say...	the facts.	a routine	a logical, proven process and plan.
may say...	to be in charge.	options, something I can control.	authority, ownership, or influence.
may say...	tell me more about the change.	a mentor, someone to listen, or advice.	experience or support.
may say...	knowing how the change will impact me, my team, or family.	an opportunity to talk about it or "talk it out" with my team, friends, or family.	a collaborative and unified team.
may say...	believing that the change will lead to more freedom and flexibility.	an opportunity to celebrate milestones along the way.	excitement, fun, inspiration to motivate others, innovation, freedom to operate.

HRI shapesforfamilies PsychoGeometrics 112

SCRIPT: Look at what each Shape needs to embrace, manage, and lead change. Take a moment and discuss the things that you need most when embracing, managing, and leading change. Please note that the things you need don't necessarily have to be in your primary and secondary Shapes. Remember, when going through a change your needs may come from any one of the five Shapes depending upon your specific situation.

NOTE: Give participants a few minutes to discuss their answers. After a few minutes, ask for a few volunteers to share and facilitate the conversation by asking open-ended questions.

Self-Reflection



HRI shapesforfamilies PsychoGeometrics 113

SCRIPT: Now that we've learned how each of the five Shapes respond, embrace, manage, and lead change, take a moment to reflect on yourself. With your family, discuss the following question: **1. What is your natural response to change?**

NOTE: Give participants about 10 minutes to discuss these question with their family and then ask for a couple of volunteers to share. Facilitate the conversation by asking open-ended questions.

Family Awareness Wheel



HRI shapesforfamilies PsychoGeometrics 114

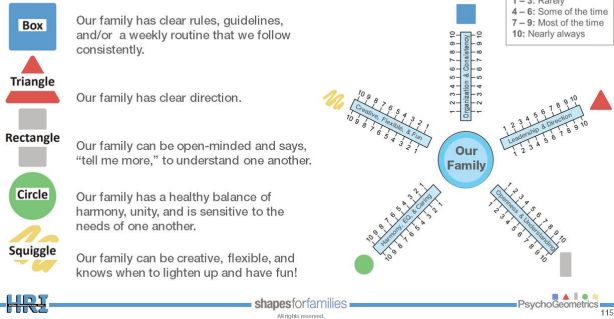
SCRIPT: Now we are going to do the Family Awareness Wheel activity. The Family Awareness Wheel is a tool utilized for identifying and clarifying a healthy blend of Shape traits or behaviors that your family needs to effectively function and communicate.

Family Applications

Slide

Script & Instructions

Family Awareness Wheel

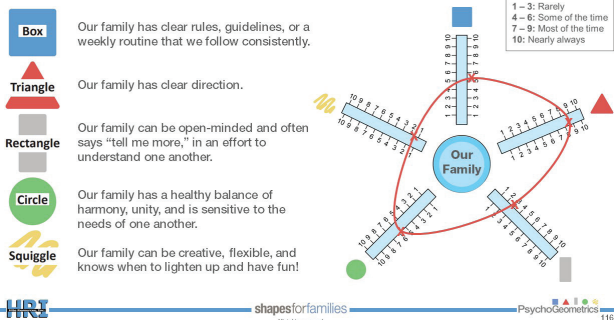


SCRIPT: To start this activity, let's look at the five statements that correspond to each Shape. Notice, that each Shape represents a spoke on your Family Awareness Wheel.

NOTE: Read each statement out loud to the participants.

SCRIPT: You will use the Family Awareness Wheel found in your Participant Workbook for this activity. As a family, you will now evaluate how consistently you are using each trait, behavior, or interaction in your family. Read each statement that represents one of the five Shapes. As a family, discuss, evaluate, and rate how consistently your family is using this trait, behavior, or interaction in your family on a weekly basis. Use the scale of 1-10 and place an "X" on the number of each spoke that best represents your family's evaluation. Here is what the numbers mean: 1 – 3: Rarely; 4 – 6: Some of the time; 7 – 9: Most of the time; or 10: Nearly always. Once you have an "X" on each spoke, you will connect the "X's" on each spoke to draw your family's tire.

Family Awareness Wheel



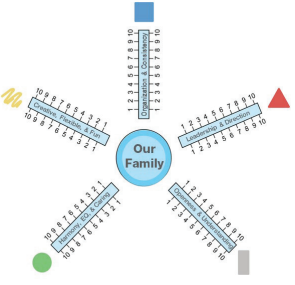



SCRIPT: Don't worry if your tire is not a perfect circle! It may resemble something as shown on the screen.

NOTE: Give families about 15 minutes to complete their Family Awareness Wheel. After the 15 minutes, bring everyone back and discuss what their wheels may indicate.





SCRIPT: Take a look at your wheel. What's working? What's not? Where may you have a "bump" or "flat tire" in your family's communication effectiveness? What will you change about your "ride?" As you evolve, you will find that the traits and behaviors you need will also change. It is recommended that you use the Family Awareness Wheel a few times a year to monitor your use of each trait or behavior, or if it's time to change the Shape traits or behaviors you need to be an effective communicator with your family. As objectives, goals, and other things change around you, you may need to use a different trait or behavior in your communication style to be effective.

NOTE: Give families another five minutes to discuss their "tire."









Family Applications

Slide	Script & Instructions
<p style="text-align: center;">Family Awareness Wheel</p> <p>Share with another Family!</p> <ol style="list-style-type: none"> Share where you placed an “X” on each spoke. Do you need to raise your level of awareness for using any of the Shapes in your family’s communication style? If so, which Shape traits or behaviors?  <p style="text-align: center;">    </p>	<p>SCRIPT: Now you will have an opportunity to discuss your Family Awareness Wheel with another family. Please discuss the following two prompts with another family: 1. Share where you placed an “X” on each spoke. 2. Do you need to raise your level of awareness for using any of the Shapes in your family’s communication style? If so, which Shape traits or behaviors?</p> <p><i>NOTE: Families will pair up and discuss the prompts. Give participants about 5 – 10 minutes to discuss with another family. Bring participants back to the large group and ask for volunteers to share. After the large group discussion, inform participants that this is a tool they can use moving forward to evaluate often and track their progress.</i></p>

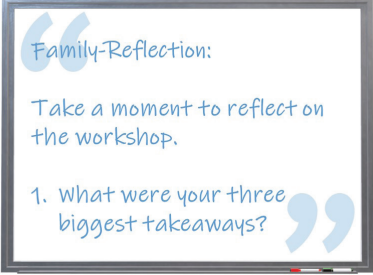


Review & Wrap Up

Slide	Script & Instructions
<p style="text-align: center;">Review & Wrap Up</p>  <p style="text-align: center;">    </p>	<p>SCRIPT: Over the course of this workshop, you have learned about PsychoGeometrics, the science of behavior and the art of communication. More specifically, you have learned about your communication style, the communication style of others, and how to strengthen your relationships by communicating more effectively. It started with the Shapes Card Game by identifying the traits and behaviors that naturally describe you and the ones that do not. While your natural Shape strengths, or as we have learned, your primary and secondary Shapes will stay with you all your life, it doesn’t mean you are limited to using just those two Shapes. You can now further develop your primary and secondary Shapes and add the other Shapes as learned skill sets to your communication style. This gives you the power to leverage all five Shapes to be the best possible version of yourself and to have an even higher probability of strengthening your relationships.</p>

Review & Wrap Up

Slide	Script & Instructions
<p>Workshop Recap</p>  <p>The Five Modules</p> <ul style="list-style-type: none"> Module 1: Introduction to PsychoGeometrics Module 2: Shape Perception Module 3: Shape Flexing Module 4: Shape Motivation Module 5: Strategic Shaping <p>Family Applications</p> <ul style="list-style-type: none"> How does each Shape Show Love? Building & Shaping Trust Shaping your Way through Change Family Awareness Wheel <p>   119</p>	<p><i>NOTE: If time permits, or you are looking to expand the length of this workshop, pause here to provide one more teaching moment. Ask your participants to use their pen and sign their name anywhere in their Shapes Participant Workbook. Now ask them, how did that feel? Did they even think about it, or did they just do it? Was it easy or hard? Now ask them to pick up the same pen in their other hand and sign their name again. Ask how did that feel? More than likely, your participants will tell you that it was awkward, uncomfortable, and that they consciously had to think about how to do it. Ask them how does their second signature look compared to their first signature. Chances are, you may hear someone say it looks like a five-year-old tried to do it. Now ask, do you think you could get better at using your non-dominant hand if you practiced every day? What if your next paycheck depended on it?</i></p> <p>While you may never be as good at signing your name with your non-dominant hand as you are with your dominant hand, your signature will get better, and it will feel less awkward the more you practice. And, so it is with Shapes. Keep practicing every day by applying Shape Perception, Shape Flexing, Shape Motivation, and Strategic Shaping to your communication style. Little is big, and there is a cumulative value of doing the little things consistently over time. Even so, you will still walk away noticing big changes immediately in how you see yourself, others, and the world now that you know and understand the science of behavior and art of communication.</p>
<p>Objectives Recap</p>  <ul style="list-style-type: none"> • Do you understand your communication style, including strengths and challenges, and the communication style of your family members? • Can you recognize the possible positive and negative perceptions of your communication style by your family members, and your positive and negative perceptions of your family members? • Do you know how to use Shape Flexing to strengthen the effectiveness of your communication approach and responsiveness with each member of your family? • Are you aware of what motivates and demotivates you and your family members and can you adjust your communication accordingly? • Will you be able to apply the Strategic Shaping Model for planning, problem solving, and conflict resolution, making the hard conversations easier and the result all the better? <p>   120</p>	<p>SCRIPT: Now let's take some time to review what we set out to achieve over the workshop.</p> <p>NOTE: Give participants a few minutes to read through the objectives.</p>

Review & Wrap Up

Slide	Script & Instructions
<p>Review & Wrap Up</p>  <p>Family-Reflection: Take a moment to reflect on the workshop.</p> <p>1. What were your three biggest takeaways?</p> <p>HRI shapesforfamilies PsychoGeometrics 121</p>	<p>SCRIPT: Before we wrap up, please review your notes in your Shapes Participant Workbook, then reflect and write down your three biggest takeaways.</p> <p><i>NOTE:</i> Give participants a few minutes to answer this question and then ask if anyone would like to share their takeaways. Respond to volunteers and facilitate the conversation by asking open-ended questions.</p>
 <p>Congratulations! You are on your way to being a more effective communicator.</p>  <p>HRI shapesforfamilies PsychoGeometrics 122</p>	<p>SCRIPT: Congratulations! You have the knowledge and skill to be a more effective communicator.</p>



Section 4

ACTIVITY INSTRUCTIONS

Activity Instructions

The Shapes Card Game

- Pick a card from the deck.
- Read the statement on the card.
- Who does it describe the most? You?
Or one of your family members?
- Give the card to who you and your family thinks it describes the most.



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PsychoGeometrics
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ACTIVITY: Shapes Card Game Family Instructions:

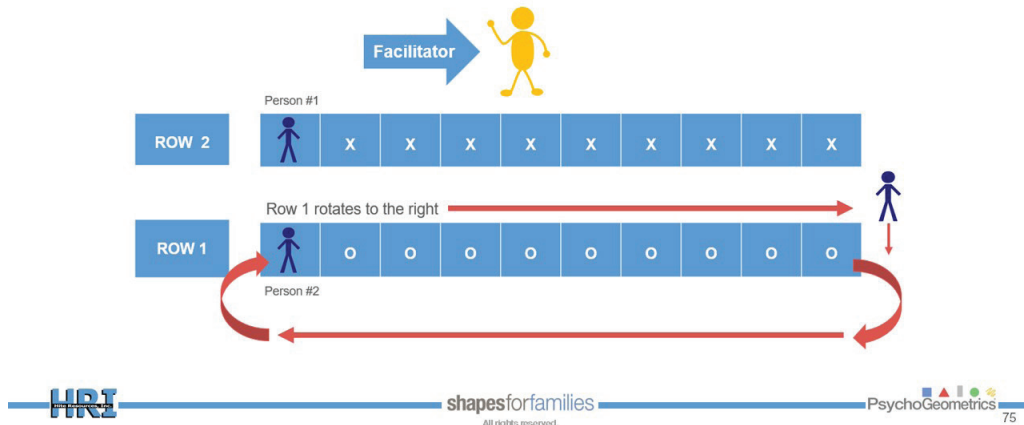
- Each family should place their deck of cards in the center on the table so each family member can reach the deck.
- The person going first will pick the card off the top of the deck and read the statement.
- After reading the statement, the family will have a brief discussion on who the card most accurately describes. Once an answer has been determined, they will give the card to that person.
- Continue this process with each family member taking a turn until there are no cards left. (Give families about 10 – 12 minutes to complete this process).
- Once completed, one person from each family will introduce themselves and their family members by doing the following.
 - Share their name.
 - Share the names of their family members.
 - Read one of the cards their family discussed and explain who in the family it describes and why.
- After each family has had a turn, thank everyone for their participation.

Activity Instructions

Speed Shaping Setup

Speed Shaping

Practice Shape Flexing by assuming the role of the assigned Shape!

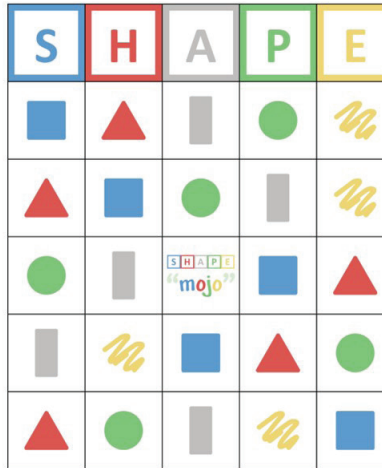


ACTIVITY: Speed Shaping Instructions:

- Instruct participants to find a partner.
- Tell partners to determine who will be person #1 and person #2.
- Participants will then make two parallel rows of people, approximately three feet apart, facing each other. There will be row 1 & row 2.
- Person #1 you will be in row 1. Person #2 will be in row 2. Participants should be standing directly across from their partner.
- If there is an uneven number of people, everyone will still participate. Instruct the extra person to stand at the beginning of row 1 (this is explained in the slide script & notes).
- Instruct row 1 to turn so they can see you and instruct row 2 to turn to have their backs towards you.
- Explain that row 1 will be the clue givers and row 2 will be the guessers.
- Once everyone is in the correct position, read a prompt (prompt examples can be found in the slide script & notes) and hold up one of the large Shape cards.
- Give participants 15 seconds to give their clues and make their guesses, then instruct row 1 to “rotate” by moving one space to their right. Row 2 will not rotate but will have a new partner for each round because row 1 will be “rotating.”
- Each round will be 15 seconds and row 1 will “rotate” one space to their right after each round.
- You can use the same prompt for multiple rounds by using at different Shape each time.
- Once you have gone through as many prompts as you want or have time for, ask participant to return to their seats.
- Throughout the activity, remember to check in with the group. Ask questions like, “How are you feeling? Is it getting easier? Are you ready for the next prompt?”

Activity Instructions

Shape-MOJO™ Game



ACTIVITY: Shape-MOJO™ Game Instructions:

- Each family should locate their “Shape-Mojo” game board.
- Facilitator will distribute the “Shape-Mojo Chips”
- Facilitator will read the following statements one at a time. Give families about 30 seconds between reading statements so they have an opportunity to discuss the answer with their family. Once the family has an answer, they will place a chip on the correct Shape. When a family has five spaces that make a vertical, horizontal, or diagonal line, they can yell out “MOJO!”
 1. The game is highly competitive. (Triangle)
 2. You can take some time to think about it before you give me your answer. (Box)
 3. We want you to be the leader of our group. (Triangle)
 4. You get to pick two or three friends to come over and hang out this weekend. (Circle)
 5. Tell me more. (Rectangle)
 6. It’s OK to change your mind. (Rectangle)
 7. Please come up with a way to make this activity more exciting. (Squiggle)
 8. It doesn’t matter if you win or lose as long as you are having fun! (Squiggle)
 9. Let’s determine a budget for our family vacation. (Box)
 10. Here’s the step-by-step detailed plan for each day of our vacation. (Box)
 11. You can paint your bedroom any color you want. (Squiggle)
 12. Let’s sit down and eat together as a family. (Circle)
 13. Receiving a handwritten note or drawing to show appreciation is better than getting money. (Circle)
 14. We will award one winner a trophy or medal (Triangle)
 15. Teamwork is more important than winning. (Circle)
 16. Someone who will take time to listen and mentor me, then tell me what I should do. (Rectangle)
 17. I need someone who can figure out the best route for our trip in order to save time and money. (Box)
 18. I am happiest when everyone in our family is happy. (Circle)
 19. Can you come up with some new ideas for us to celebrate New Year’s as a family? (Squiggle)
 20. Here’s the summary with three options. (Triangle)
- Once a family has called out “MOJO”, reveal the answers for each of the statements you’ve read so that all families can check their work.
- Depending on time and engagement levels, you can play up to a few rounds of this game.

