



shapesforfamilies

Welcome Families!



Dear Families,

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!

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!”

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.

On behalf of our team at PsychoGeometrics, here’s to strengthening your communication, turning tension into traction, and being a resilient, high-functioning family.

Sincerely,



Susan Hite
CEO of PsychoGeometrics



Course Overview





Welcome & Overview

Course Agenda, Objectives, & Resources



Modules 1 – 5

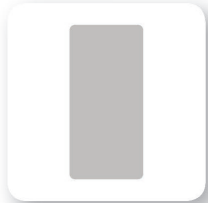
Module 1: Introduction to PsychoGeometrics

Module 2: Shape Perception

Module 3: Shape Flexing

Module 4: Shape Motivation

Module 5: Strategic Shaping



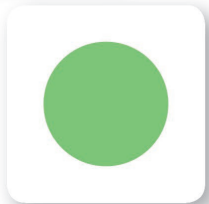
Family Applications

How does each Shape show Love?

Building & Shaping Trust

Shaping your Way through Change

Family Awareness Wheel

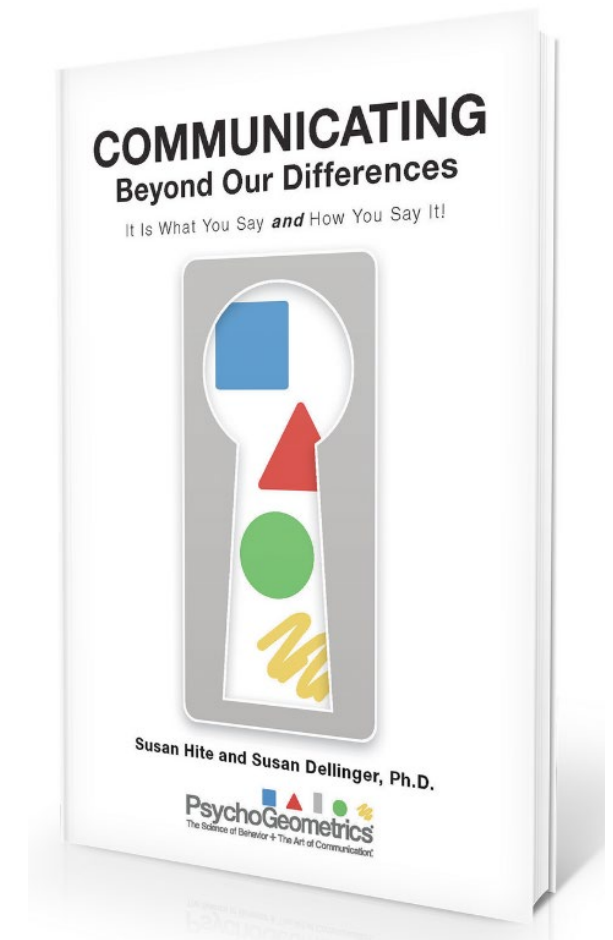


Review & Wrap Up

- **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.

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

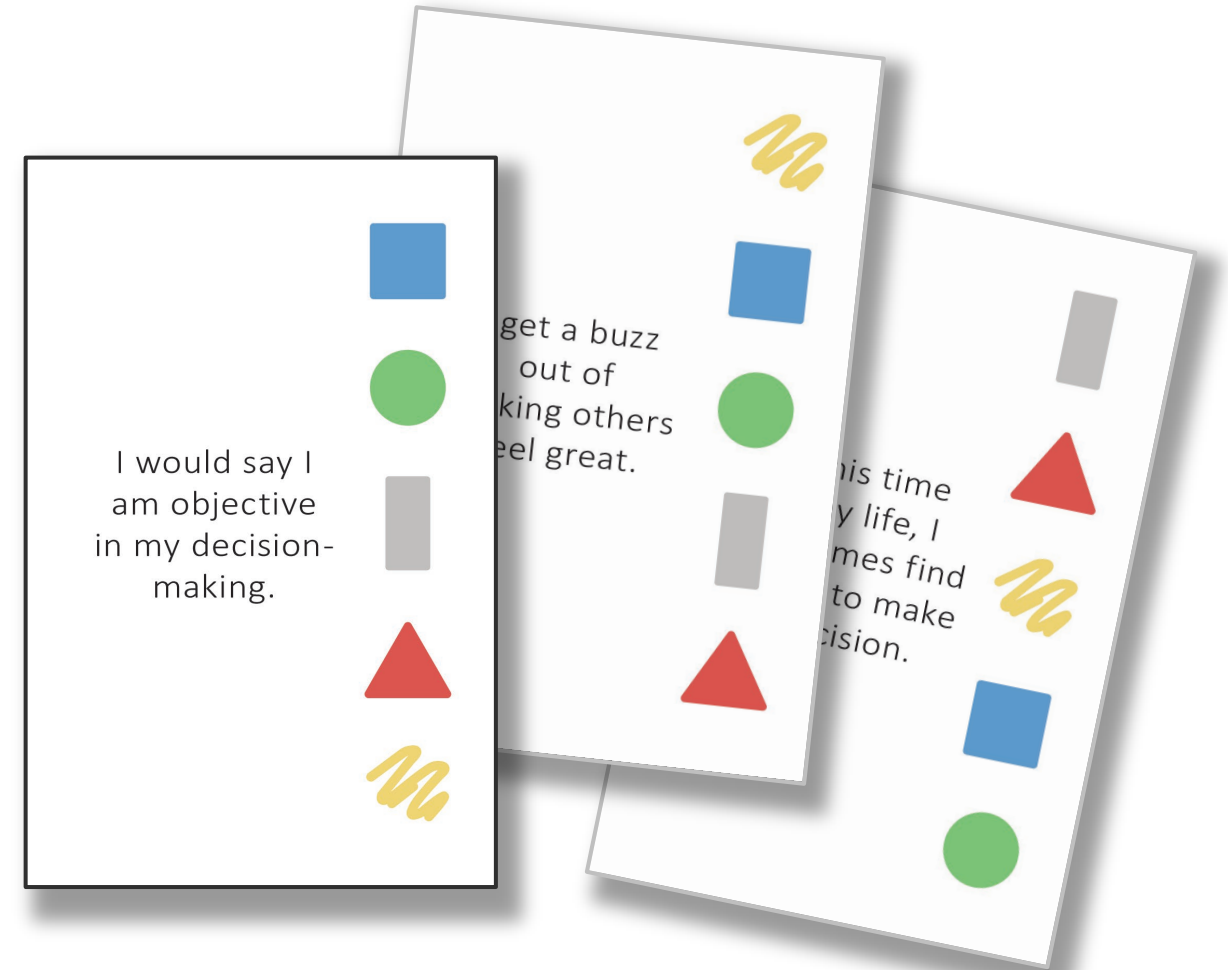
- Shapes for Families Participant Workbook
- ***Communicating Beyond Our Differences*** Book
- Shape-MOJO™ Game
- Shapes Card Game (Deck of 10 Cards)
- Shape Traits/Communicating with each Shape Card



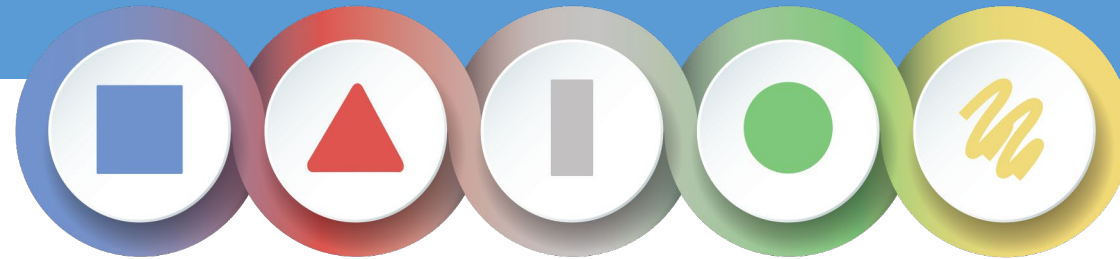
Shapes Card Game



- 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.



Module 1: Introduction to PsychoGeometrics



About PsychoGeometrics

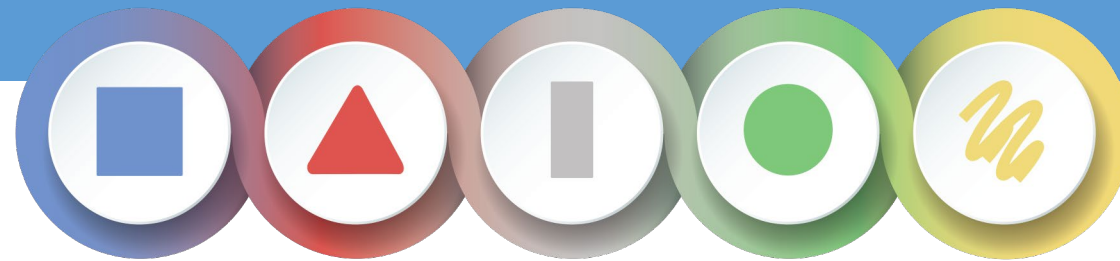


What is it?

- 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:
 1. Traits
 2. Behaviors
 3. How you relate to others

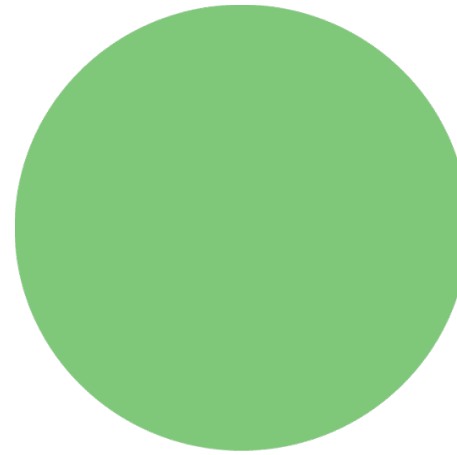
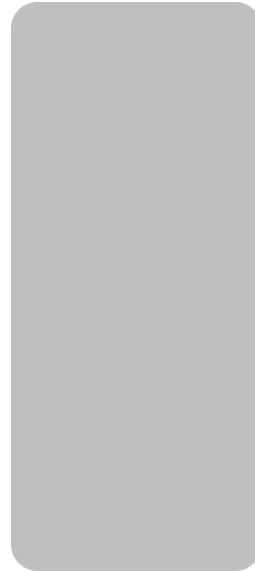
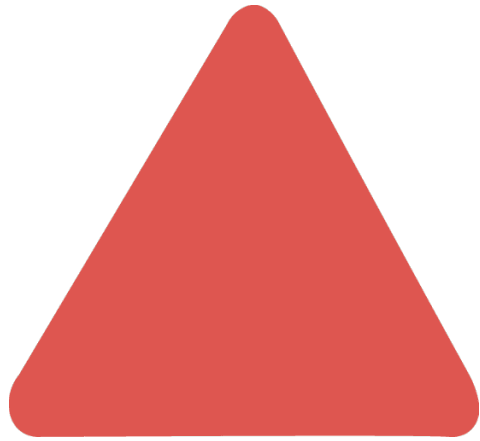


The Shapes Assessment



The Shapes Assessment By Sight

- Choose your favorite Shape.
- Choose your second favorite Shape.
- Choose your least favorite Shape.



How it Works

There are three sections. Each part typically takes less than five minutes to complete.

Part 1 – **Traits**

Part 2 – **Behavior**

Part 3 – **Relating to Others**

You will not be timed, but it is best **not** to over-think your choices. Go with your first choice.

What to Know

1. Relax! This is not a test, it's an assessment. It's meant to be FUN!
2. You won't get a grade, but you will get a Shapes score.
3. It doesn't matter what you score, but it does matter that you understand your score, and know how to use it to communicate more effectively.

Take the Shapes Assessment Now

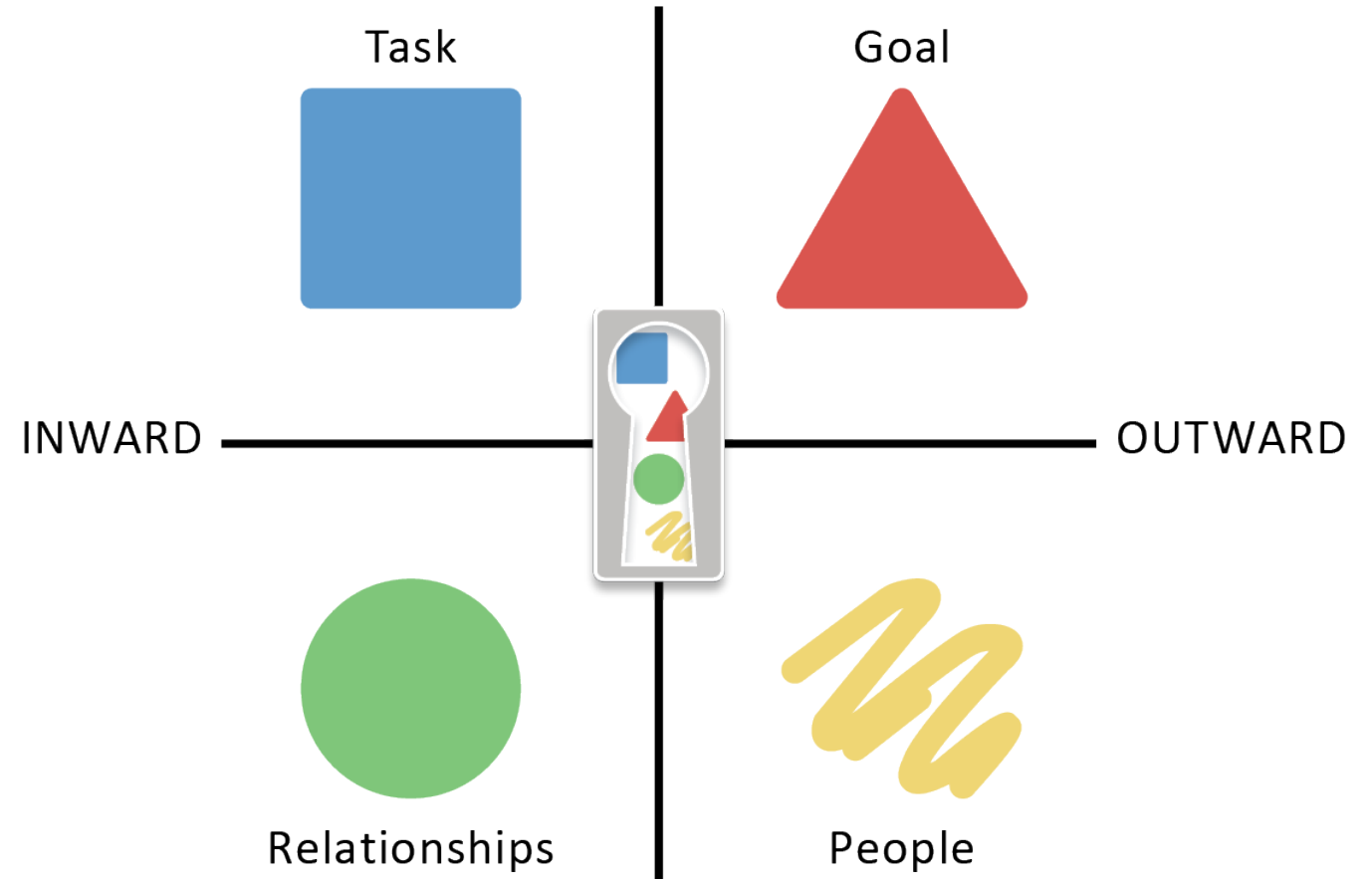


The Five Shapes



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.



UNDERSTANDING YOUR SCORE

0-3 LOW – does not mean below average

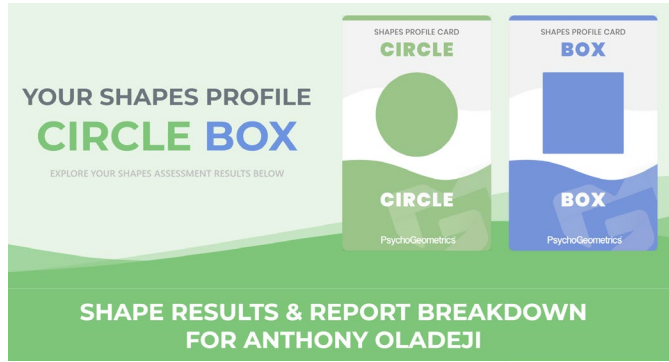
4-6 MEDIUM – does not mean average

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.

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



Shape Profile Report Example

- TRAITS
- BEHAVIORS
- RELATING TO OTHERS

Secondary

BOX 6

TRAITS

Detail oriented
Ethical

BEHAVIORS

I will withdraw during conflict or try to avoid it entirely
I am a quiet, private person

RELATING TO OTHERS

I think before speaking
I am a very loyal friend



TRIANGLE 2

TRAITS

None

BEHAVIORS

I make decisions swiftly and decisively

RELATING TO OTHERS

I have strong opinions and I tell it like it is



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
Nurturing
Generous

BEHAVIORS

I enjoy relaxing at home and doing nothing at all

RELATING TO OTHERS

I like to socialize and talk things over
If you ask, I will give you the shirt off my back
I treat my co-workers and friends like family



SQUIGGLE 3

TRAITS

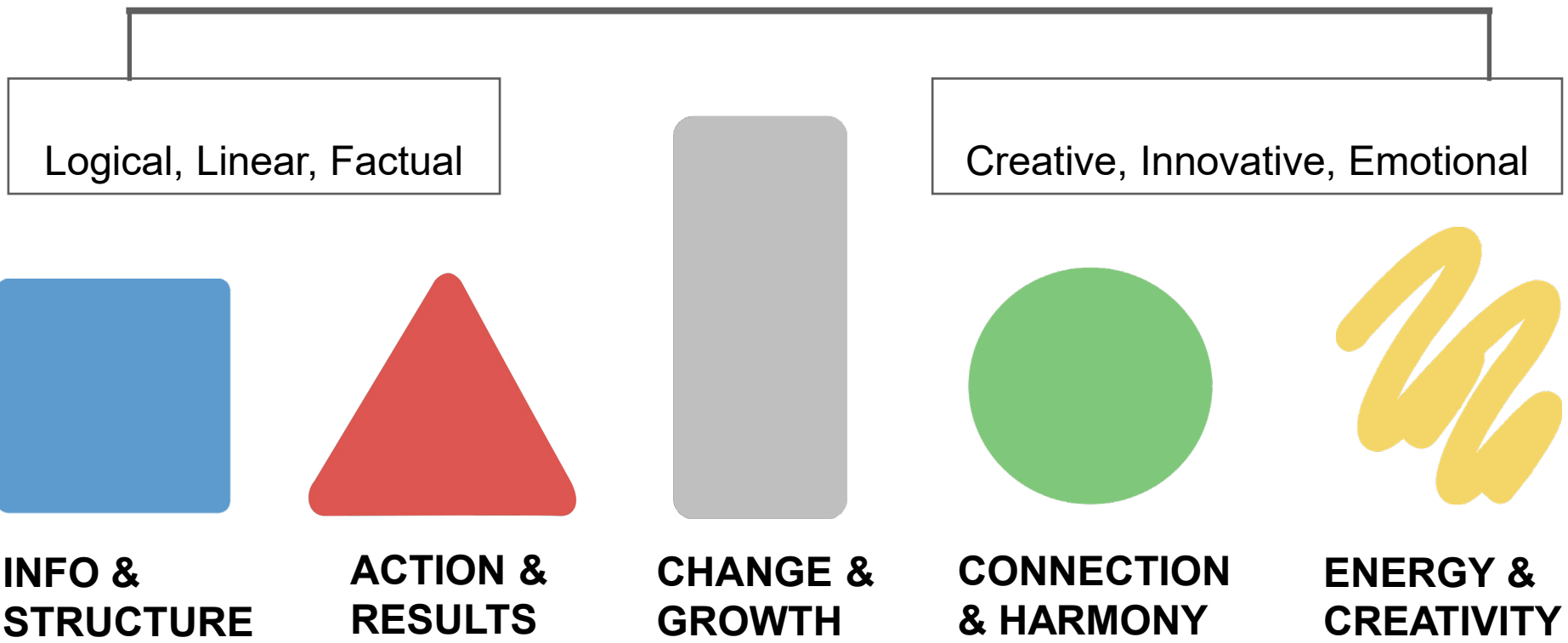
Creative/innovative

BEHAVIORS

I love surprises!

RELATING TO OTHERS

I am great at motivating others



Let's learn more about your Shapes





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.



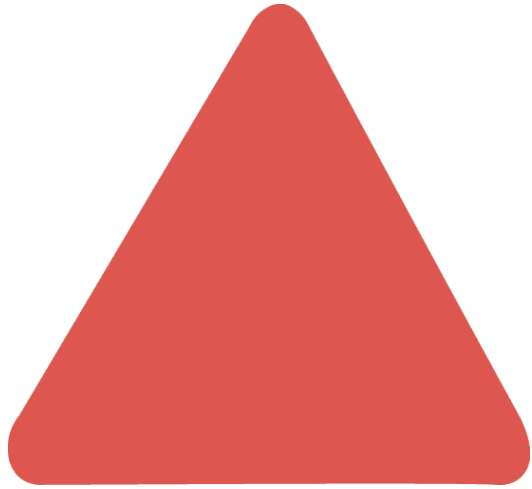


BOX

**“If you want it done right,
do it yourself.”**

Family Discussion

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.



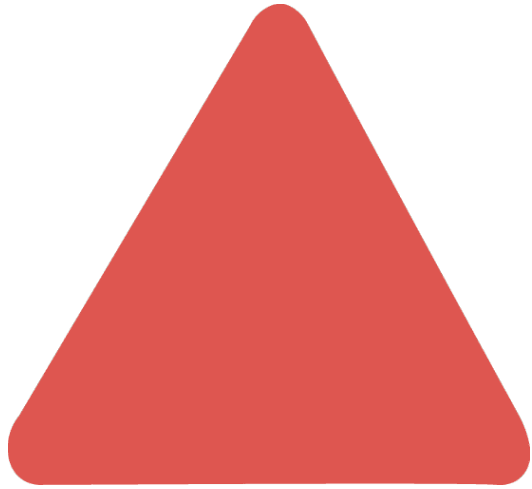
TRIANGLE

**“When I want your
opinion,
I will give you mine.”**

Because the **TRIANGLE** is built like a pyramid, with an upward pointed tip, it represents ambition and high achievement.

- 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.



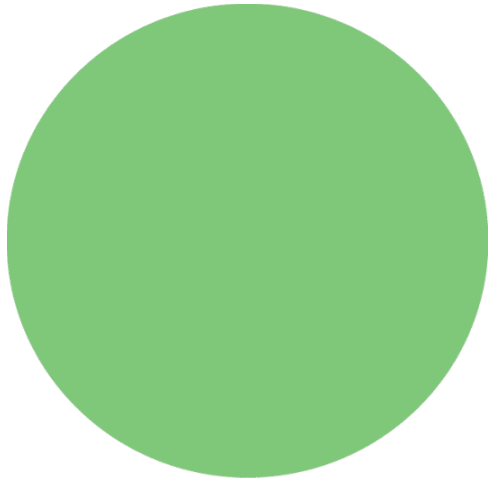


TRIANGLE

**“When I want your
opinion,
I will give you mine.”**

Family Discussion

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.



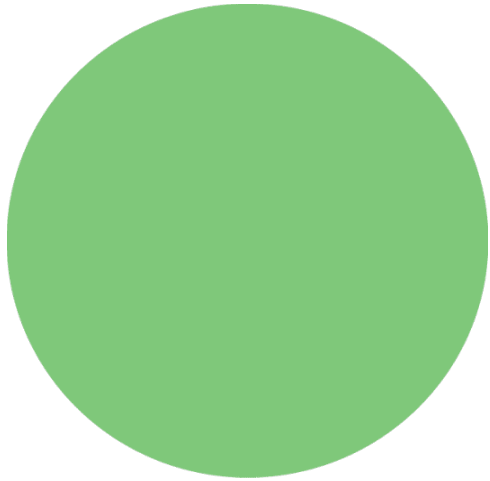
CIRCLE

“I don’t care how much you know until I know how much you care.”

Because the **CIRCLE** has no beginning or end, it symbolizes **connectedness and unity**.

- 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.





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.



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.”



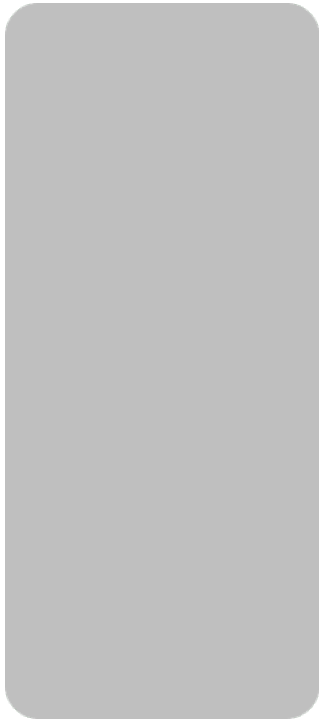


SQUIGGLE

**“Life is short,
eat dessert first.”**

Family Discussion

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.



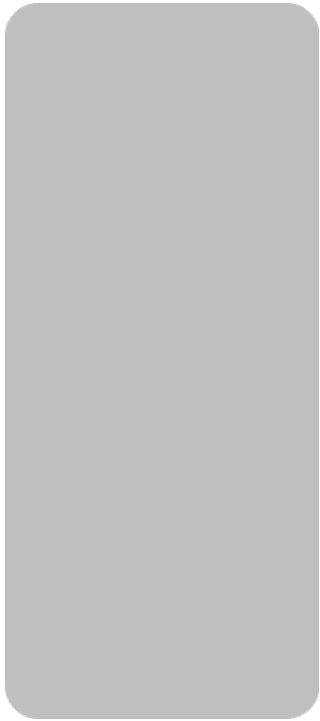
RECTANGLE

**“Please listen to me,
then tell me what to do.”**

Because vertical lines are associated with strength, courage, and progress, the **RECTANGLE** represents change and growth.

- 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.



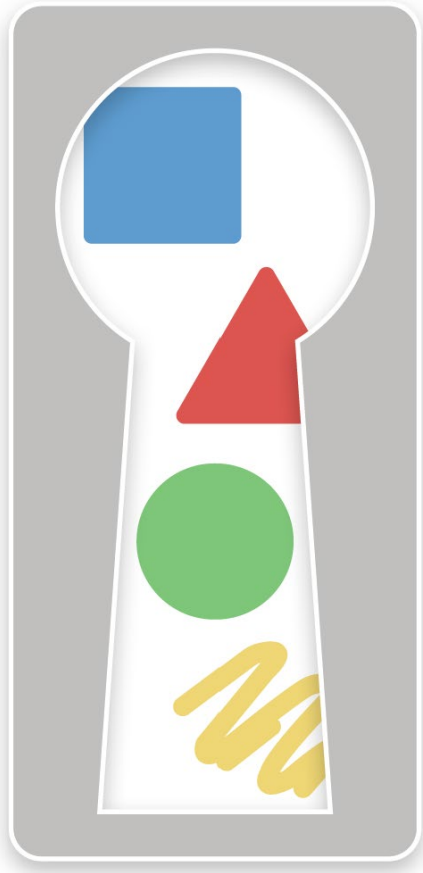


RECTANGLE

“Please listen to me,
then tell me what to do.”

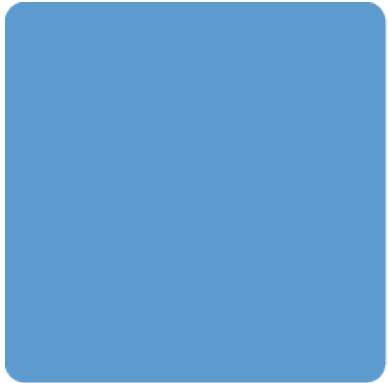
Family Discussion

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.



“Tell me more”

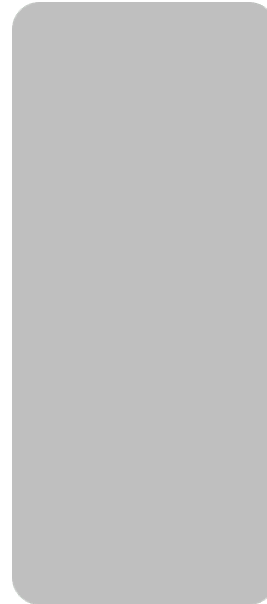
Let's Review



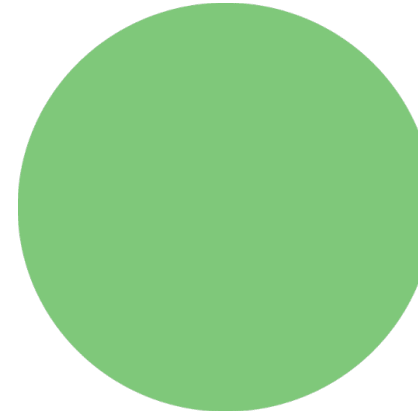
**Info &
Structure**



Action & Results



**Change &
Growth**



**Connection &
Harmony**



Energy & Creativity






Shape Trait Activity





SHAPE TRAITS

1. What are the 3 traits that best describe you?
2. What is the best way to communicate with you?

 Information and Structure	Informational, Factual, Detailed, Organized, Rarely Shows Emotion, Needs Time to Make Decisions, Prefers Working Alone, Tends to be a Perfectionist. <i>"If you want a job done right, do it yourself."</i>
 Accountability and Results	Ambitious, Competitive, Focused, Decisive, Strong Opinions, Quick to Get to the Point, Big Picture, Bottom Line, Likes Options, Wants to be in Control. <i>"Just make a decision, and right or wrong, work to make it right!"</i>
 Change and Growth	Growing, Searching, Exploring, Introspecting, Open, Undecided, Anxious, or Excited. <i>"Please listen to me, then tell me what to do."</i>
 Connection and Engagement	Inclusive, Nurturer, Caregiver, Stabilizer, Relationship-Oriented, Sensitive, Emotional, Team Player. <i>"I don't care how much you know, until I know how much you care!"</i>
 Energy and Innovation	Creative Intelligence, Free Spirit, High Energy, Spontaneous, Bored Quickly by Routine, Unique, Idea Producers. <i>"Let's go with the flow and have some fun!"</i>

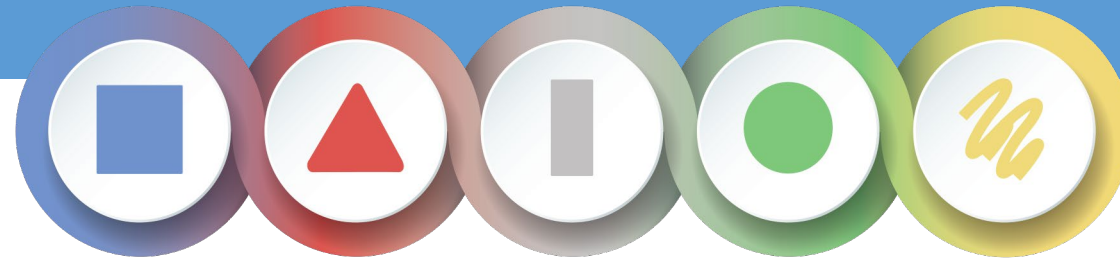
“

Family-Reflection Questions:

1. What have you learned or reinforced about your own communication style?
2. What have you learned about your family member's communication style?

”

Module 2: Shape Perception



What is Perception?

- 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.



How would you describe this picture?



How would you describe this picture?



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.

How might someone 25 or younger describe this picture?



How might someone 25 or older describe this picture?



How might someone 85 or older describe this picture?



What is Shape Perception?

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.



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



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








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



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



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

“

Family-Reflection Questions:

1. Is there a possible misperception of you that you would like to change?
2. Do you have a possible misperception of someone else in your family?

”

Module 3: Shape Flexing



What is Flexing?

- 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.

Examples:

- Showing more or less emotion.
- Speaking pace.
- Volume of voice.



What is Shape Flexing?

Shape Flexing is the skill set of adding a specific Shape behavior, or combination of Shape behaviors, to strengthen your communication effectiveness.



Why Shape Flex?

- **Golden and Platinum Rule**

Golden Rule – Treat others how you would like to be treated.

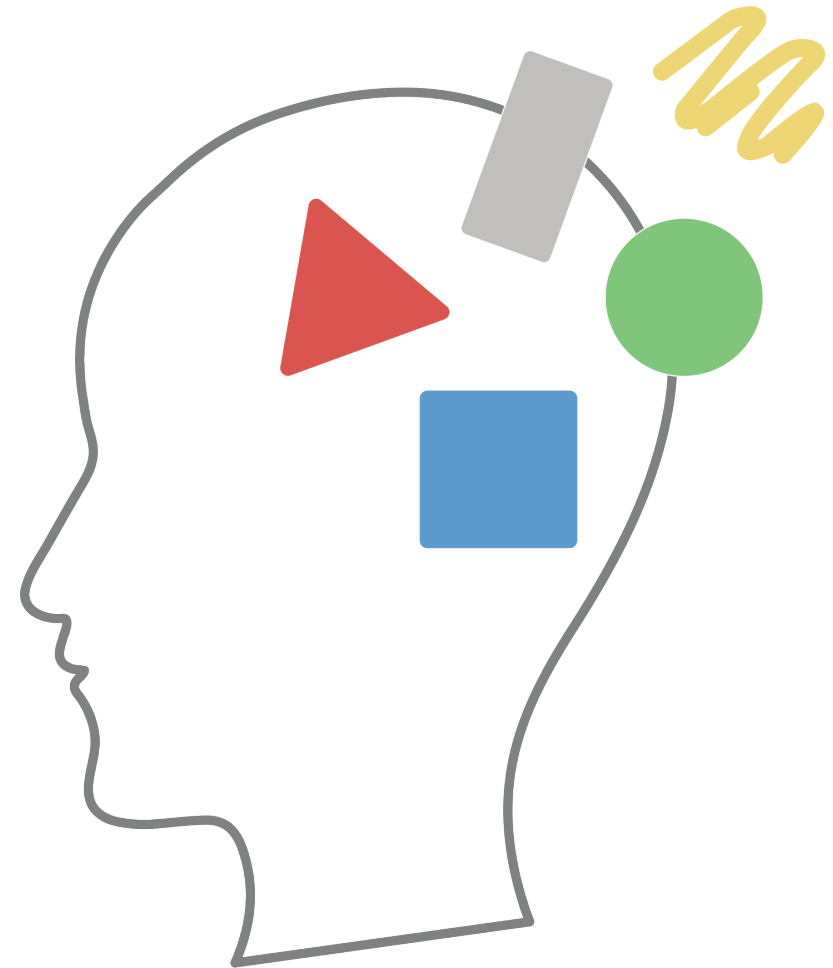
Platinum Rule – Treat others how THEY want to be treated.

- 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.

Steps for Shape Flexing

- **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.

**What does Shape Flexing
look like for each Shape?**





Slow it down.

Give a heads up.

Stick to the facts.

Keep it steady.

Don't push it.



Family Discussion Questions

- 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?



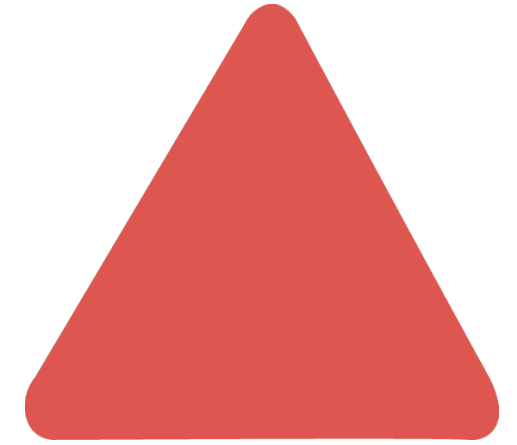


**Less is more.
Get to the point.
Pick up the pace.
Provide three options.
Don't miss your exit ramp.**



Family Discussion Questions

- 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?



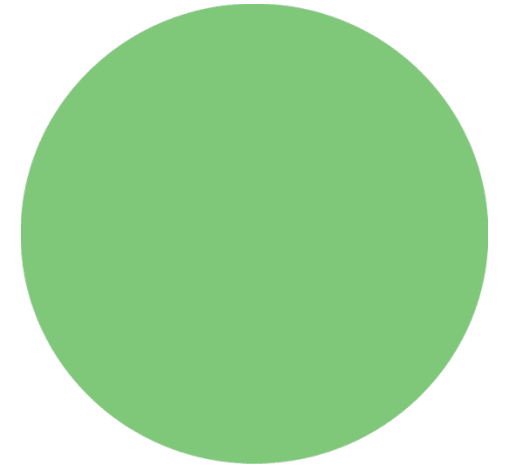


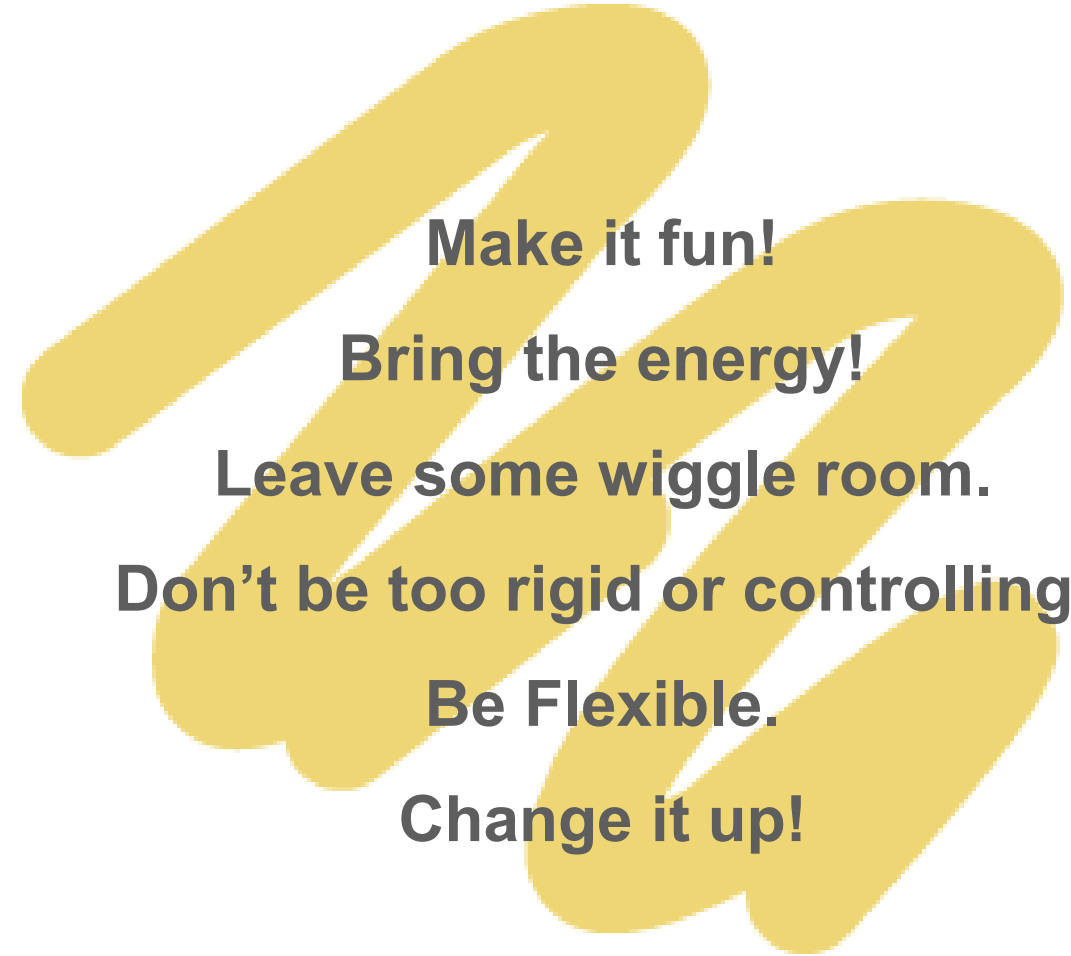
Connect.
Be nice and show it!
Don't be in a hurry.
Be vulnerable and ask for help.
Put people first.



Family Discussion Questions

- 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?







Family Discussion Questions

- 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?





Be patient.

Provide clear instructions.

Listen for understanding.

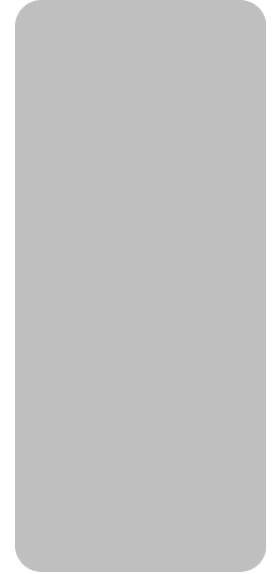
Ask open-ended questions.

Keep Rectangles focused on what's important right now.

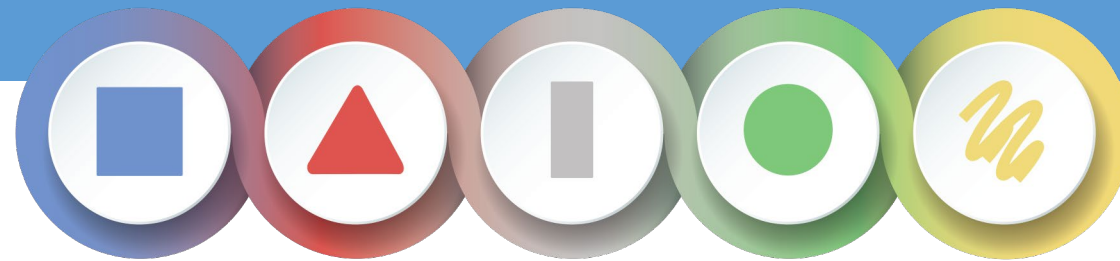


Family Discussion Questions

- 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?

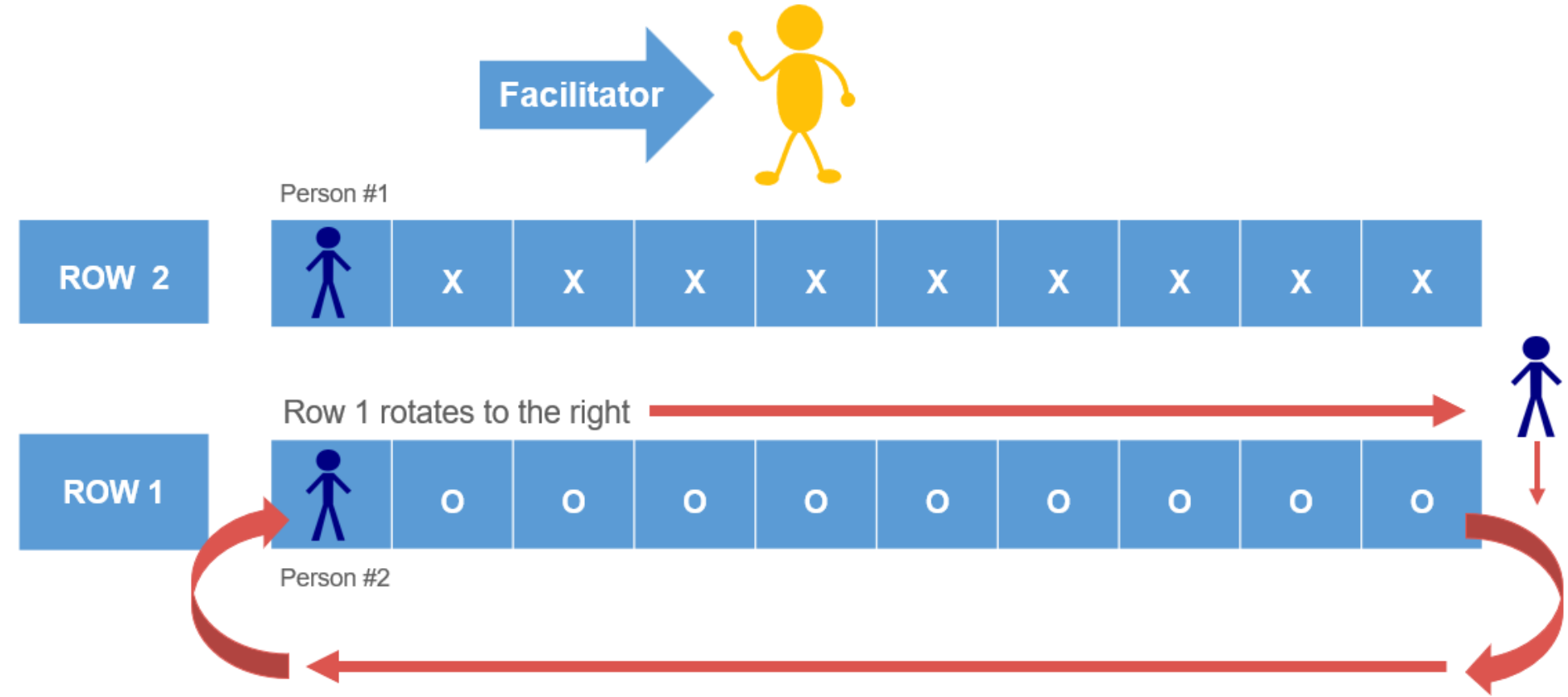


Speed Shaping



Speed Shaping

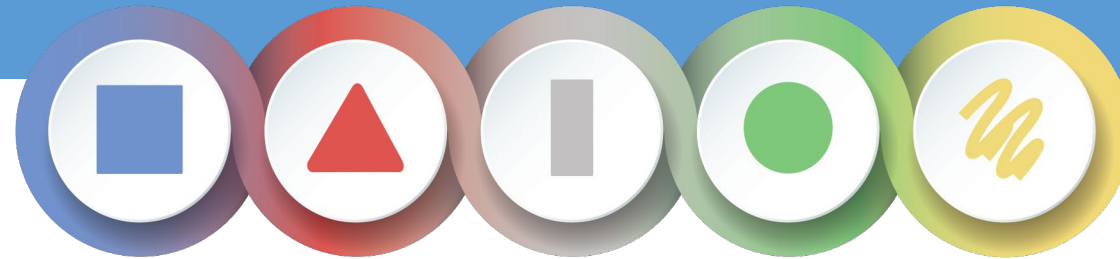
Practice Shape Flexing by assuming the role of the assigned Shape!



“Family-Reflection Questions:

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?”

Module 4: Shape Motivation



What is Motivation?

- 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.



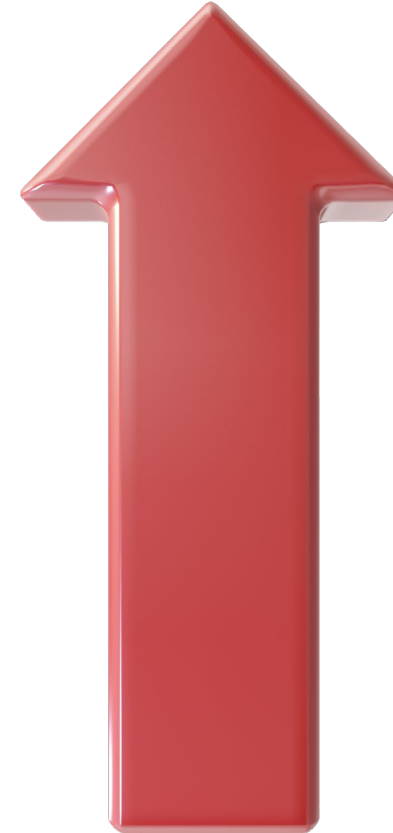
What is **De**motivation?

- 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.



What is Shape Motivation?

- 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.



What is Shape **De**motivation?






- 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.

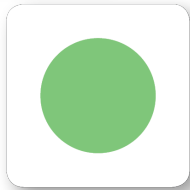
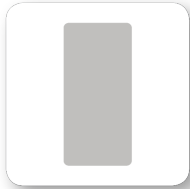


Family Activity

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		

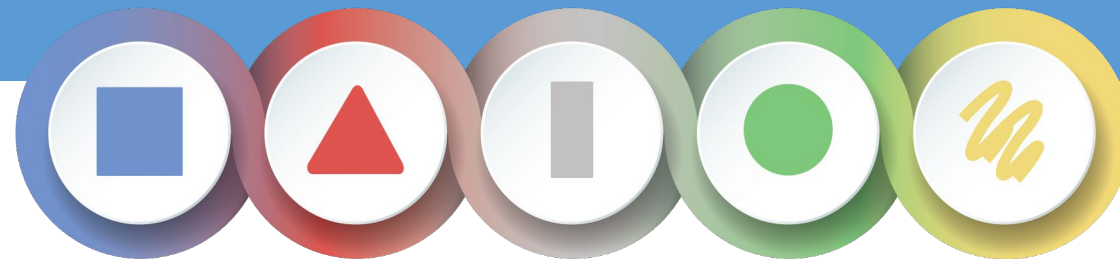
SHAPE	WHAT MOTIVATES	WHAT DEMOTIVATES
 <p>Information and Structure</p>	A Logical Approach, A Proven Track-Record, Advance Notice, Facts, Following the Rules, Time to Process	An Emotional Approach, Lack of History or Research, Lack of Preparation, Being Put on the Spot, Baseless Assumptions, Non-Compliance, Rushed to Make a Decision
 <p>Accountability and Results</p>	Results, Options, Control, Bullet Points, Direct, to the Point	A Slow Process, A Mandate, Lack of Control, Long Paragraphs, Drama
 <p>Change and Growth</p>	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
 <p>Connection and Engagement</p>	Inclusion, Stories, Appreciation, Teamwork, Collaboration	Overlooked, Spreadsheets, Conflict, Individual Competition, Resistance
 <p>Energy and Innovation</p>	Freedom, Positive Energy, Standing Out, Frills, Excitement	Routine, Skeptical or Pessimistic, Fitting In, Basic, Indifference




























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.

Shape-MOJO™ Game



S	H	A	P	E
				
				
				
				
				

Family-Reflection Questions:

1. Are you getting what you need for self-motivation?
2. Is your family getting what it needs for motivation?
3. Could some of your actions be motivating some while demotivating others?

Module 5: Strategic Shaping



What is Strategic Shaping?

The process of using all five Shapes to structure your communication for planning, problem solving, and conflict resolution.





LISTEN

“I want to understand.
Tell me more.”



LISTEN

“I want to understand.
Tell me more.”

CARE

“I want to **help.**”
Show **compassion**
or concern.





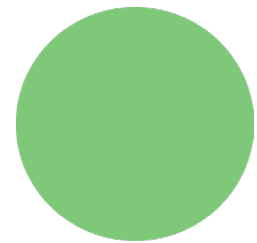




Strategic Shaping Model for Problem Solving

We tend to communicate using just our natural Shape strengths or using our natural Shape strengths first, sometimes without even thinking about it.

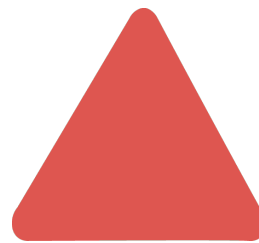
For example, when someone comes to you with a problem, your response typically comes from your **primary** or **secondary** Shape, or a blend of both.



shows
compassion



stays
calm



wants to
advise



is
innovative



wants to
understand

With your family:

- Discuss the following questions for the scenario your family selects:

How might you naturally respond using only your primary and secondary Shapes?

How might your response look differently using all five Shapes?



Strategic Shaping Scenario #1

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.

Use the Strategic Shaping Model to plan your response when your daughter comes to tell you about the situation.

Strategic Shaping Scenario #2

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.

Use the Strategic Shaping Model to help plan your approach when discussing the movie with your dad.

Strategic Shaping Scenario #3

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.

Use the Strategic Shaping Model to address your concerns and guide a conversation with your partner.

Strategic Shaping Scenario #4

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.

Use the Strategic Shaping Model to approach your brother about splitting up the chores and yard work and executing your plan.

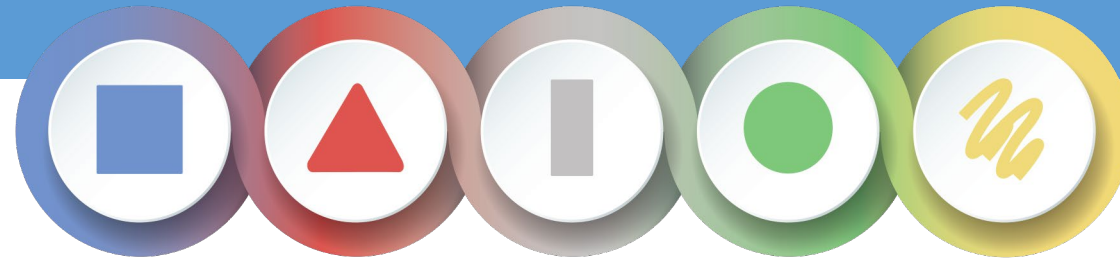
Strategic Shaping Scenario #5

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.

“Family-Reflection Question:

1. What part of the Strategic Shaping Model will help you the most when communicating with your family?”

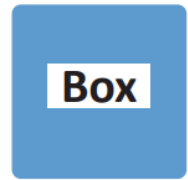
Family Applications



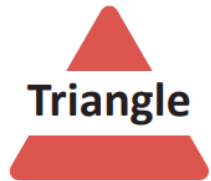
How does your Shape show love?



How does your Shape show love?



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



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



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



“I stop what I’m doing and make time to listen and offer comfort.”



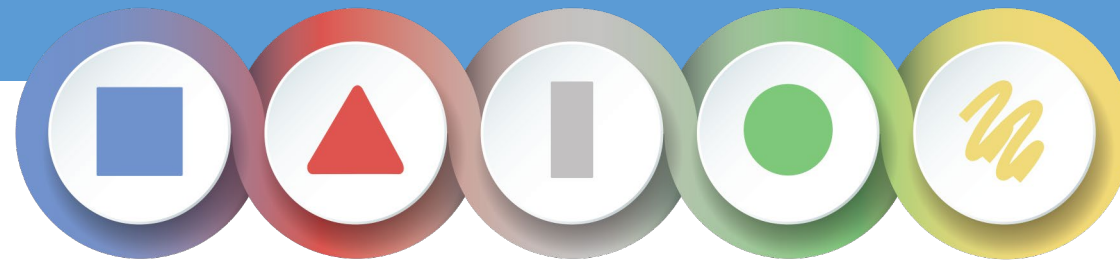
“I will be your biggest cheerleader!”

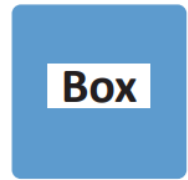
Family Discussion

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?

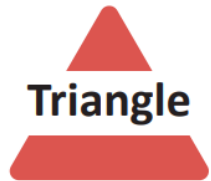


Building and Shaping Trust





Do what you say you will do, and do it well, consistently. Ask me what I know and what I think.



Be confident, take action, and produce results. Follow me.



Tell me more. Listen to me, be patient with me, support me, and advise me.



Show you care about me, my team, and my family first. Appreciate me.



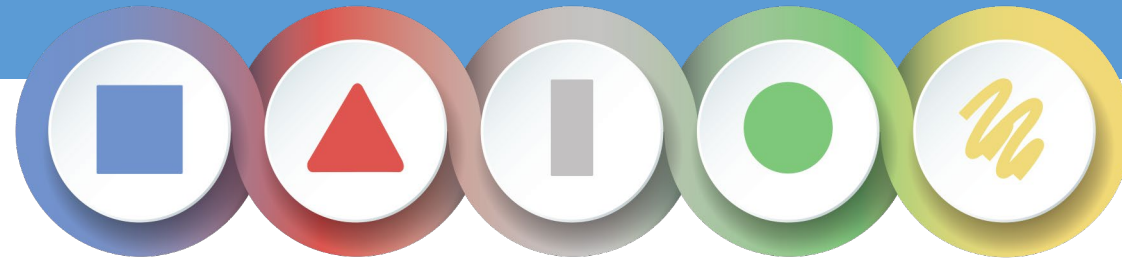
Just be straight with me. Give me the flexibility to get my job done.

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?



Shaping Your Way through Change



left side thinking
logical, linear, factual



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



uncomfortable with change that lessens control.

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.

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.

Family-Reflection Question:

1. What is your natural response to change?

Family Awareness Wheel



Family Awareness Wheel



Our family has clear rules, guidelines, and/or a weekly routine that we follow consistently.



Our family has clear direction.



Our family can be open-minded and says, "tell me more," to understand one another.

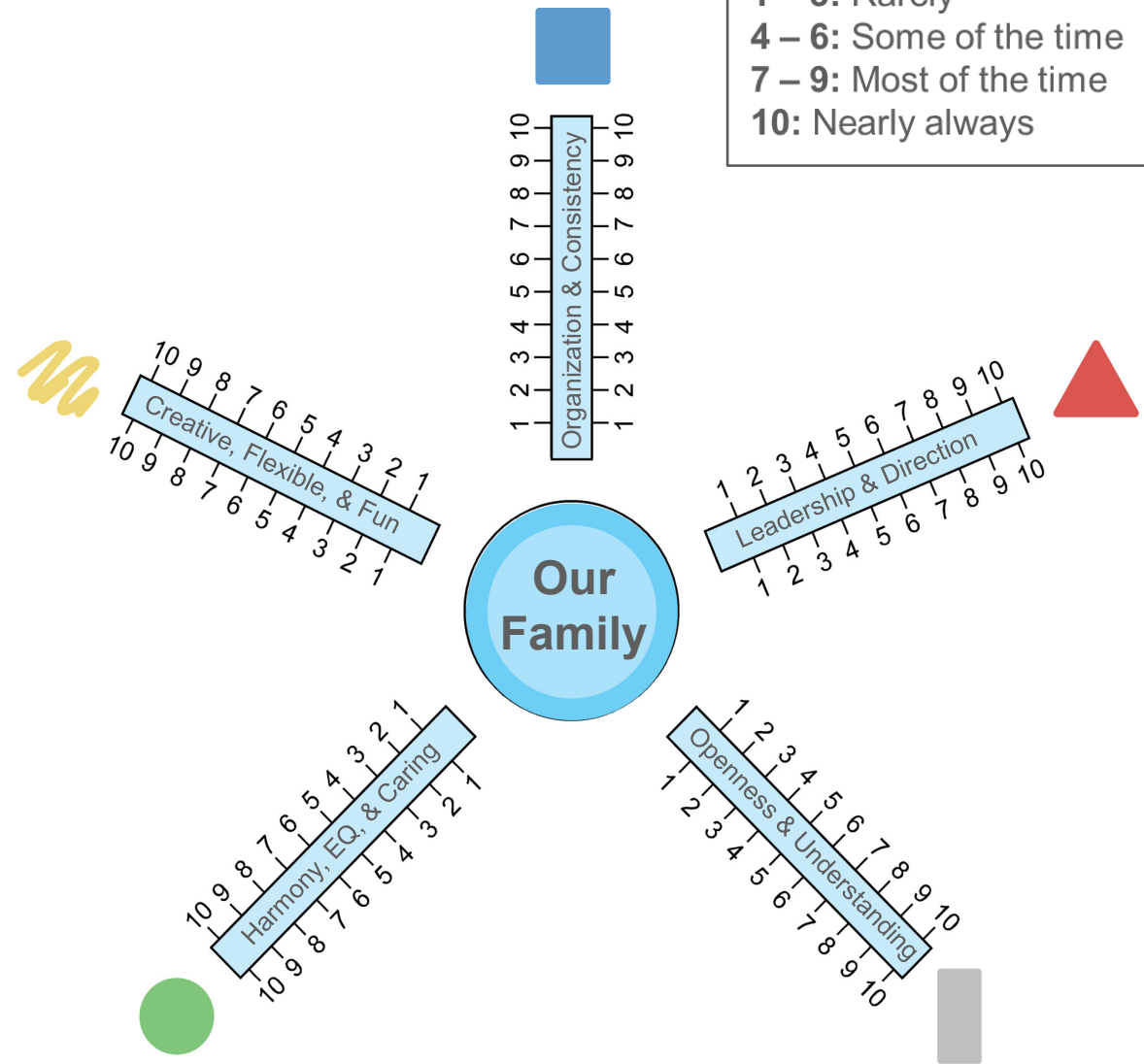


Our family has a healthy balance of harmony, unity, and is sensitive to the needs of one another.



Our family can be creative, flexible, and knows when to lighten up and have fun!

1 – 3: Rarely
4 – 6: Some of the time
7 – 9: Most of the time
10: Nearly always



Family Awareness Wheel



Our family has clear rules, guidelines, or a weekly routine that we follow consistently.



Our family has clear direction.



Our family can be open-minded and often says “tell me more,” in an effort to understand one another.

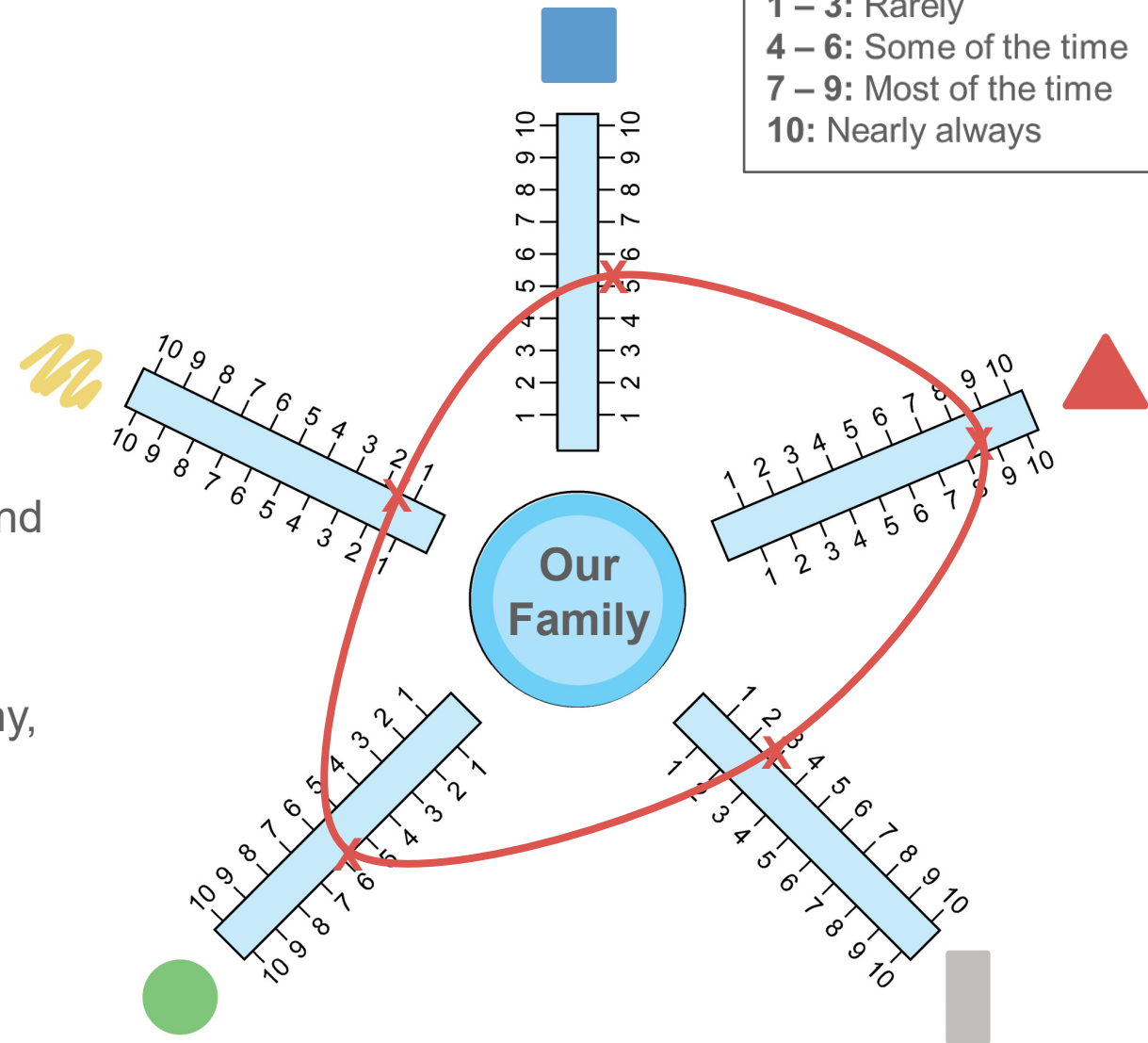


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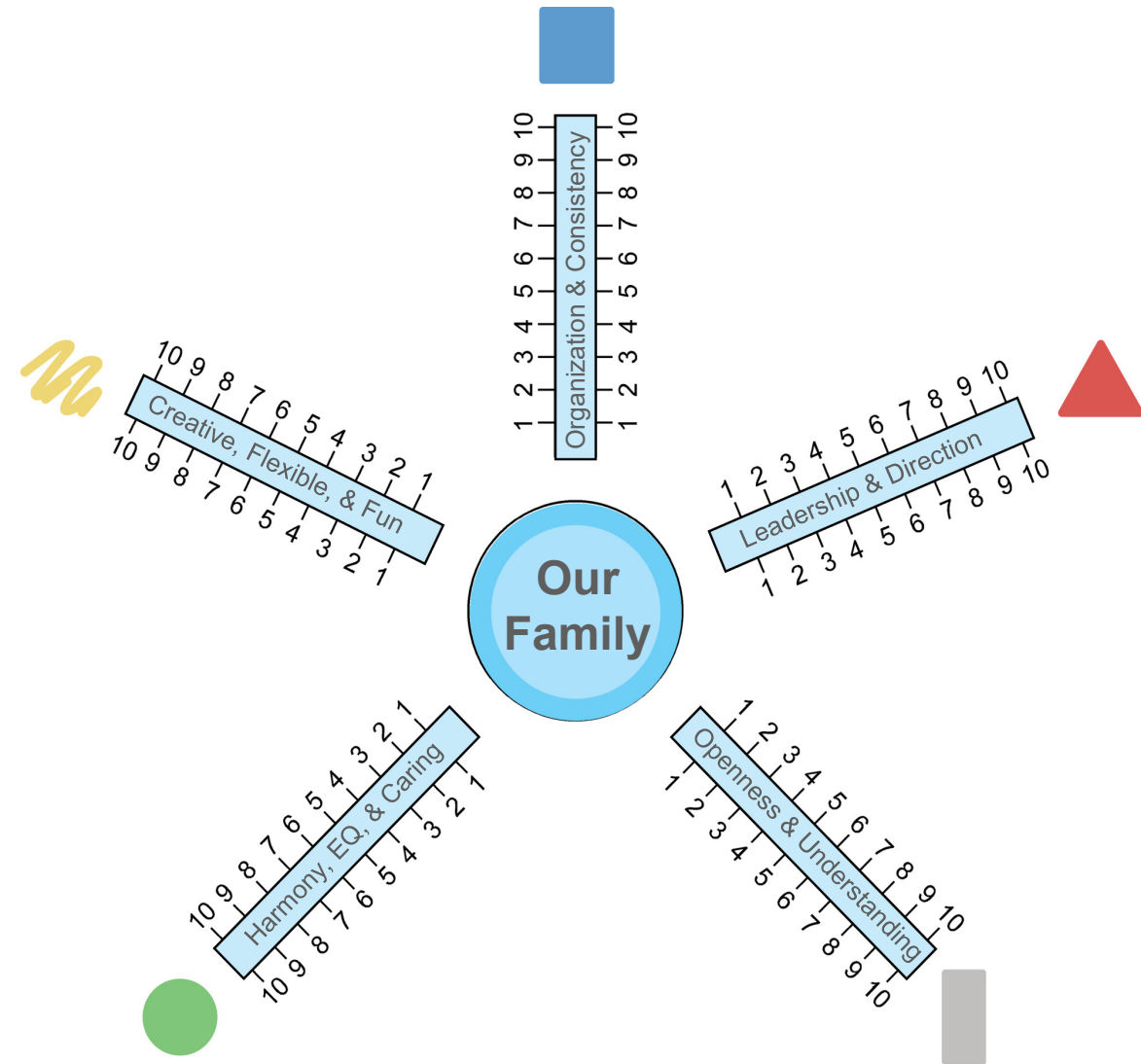
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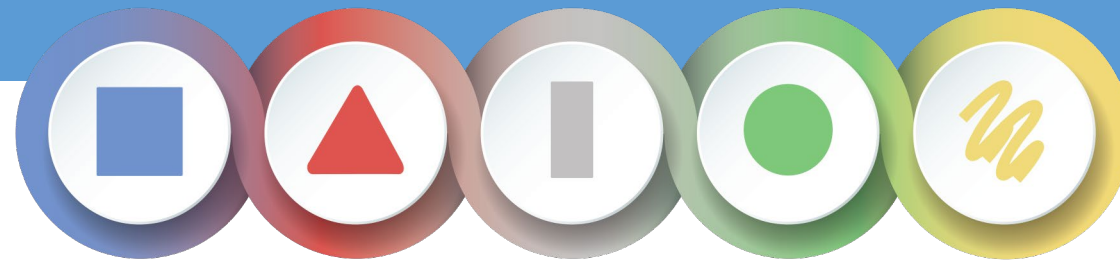


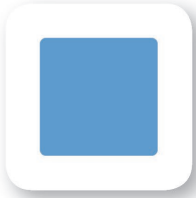
Share with another Family!

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?



Review & Wrap Up





The Five Modules

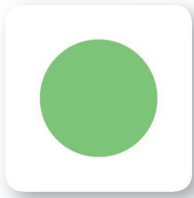
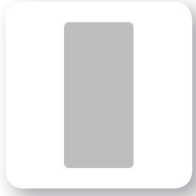
Module 1: Introduction to PsychoGeometrics

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

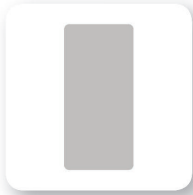




- **Do you understand** your communication style, including strengths and challenges, and the communication style of your family members?



- **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?

Family-Reflection:

Take a moment to reflect on the workshop.

1. What were your three biggest takeaways?

Congratulations!

You are on your way to being a more effective communicator.

