

SPEED SHAPING

See how good you are at quickly shaping your behavior and perceiving the shape behaviors of others!

PERCEPTION OF SPEED SHAPING

1. Form two parallel lines so you have two rows of people. You should be facing one other person.
2. Your facilitator will determine Row A and Row B.
3. If you are in Row A, you will receive a stack of cards. You will be “speed shaping your behavior” according to the shape card you draw.
4. If you are in Row B, you will be perceiving the shape behavior of the person in front of you. Use your Speed Shaping Scorecard.
5. Your facilitator will provide a prompt.
6. Row A participants will SHAPE their BEHAVIOR and finish the prompt as quickly as possible according to the shape card drawn. Consider tone, body language, facial expressions, and overall verbiage.
7. Row B participants will perceive then determine what shape behavior is being used the most and draw the shape in the space provided in Row B on your scorecard.
8. Row A participants will show you the shape card and Row B participants will place a check in the space provided if correct. Leave blank if you were not correct.
9. The facilitator will determine the amount of time for shaping and perceiving the behavior for each card.
10. When the facilitator signals, Row A will rotate and Row B will stay stationary. Each participant in Row A will move one space to the right so that Row A is facing a new Row B partner. Each Row A participant will choose a new card from the stack and complete the same prompt using the shape on the newly drawn card.
11. Row A will continue to rotate upon the facilitator’s signal until the entire stack of cards has been used.
12. At the end of this exercise, Row B participants should total their checkmarks and evaluate their perception of shapes according to the scale provided.
13. The facilitator will now indicate that you should switch your row and your role and do the exercise again, following the same instructions provided above.

SPEED SHAPING EFFECTIVENESS

Follow steps 1 through 9 above.

10. When the facilitator signals, Row A participants will start shaping their behavior using the next card in their stack but do not rotate. Row A will stay with the same Row B partner for the entire exercise.
11. At the end of the exercise, Row A participants should see how many check marks they received from their Row B partner and use the scale provided to self-evaluate Speed Shaping Effectiveness.
12. Now switch rows and roles so that each person can be evaluated for speed shaping effectiveness.

SPEED SHAPING SCORING

ROW A	1	2	3	4	5	6	7	8	9	10
ROW B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RIGHT?	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

TOTAL CHECKMARKS: _____

SCALE

0-2 Checkmarks – What just happened?! I need a shapes review.

3-5 Checkmarks – That was fun! I am starting to get it. I just need more practice.

6-8 Checkmarks – Woohoo! I am pretty good at this! I will get even better with time.

9-10 Checkmarks – Wow! I nailed it! With awareness and consistency, I will continue to better my best!







Using Shapes for Simple, Efficient,
and Effective Communication.

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