# SPEED SHAPING

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

#### PERCEPTION OF SPEED SHAPING

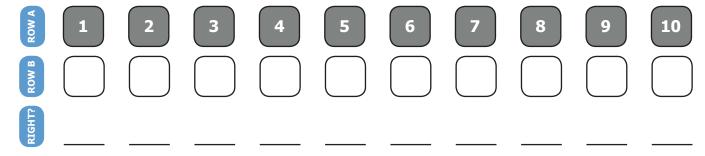
- 1. Form two parallel lines so you have two rows of people. You should be facing one other person.
- 2. Your facilitator will determine Row A and Row B.
- 3. If you are in Row A, you will receive a stack of cards. You will be "speed shaping your behavior" according to the shape card you draw.
- 4. If 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



## **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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