

**WHAT  
SHAPE  
ARE  
YOU?**



## CONTENTS

Introduction	3
What shape are you? TEST SHEET	4
What shape are you? ANSWER SHEET	6
Shapes profile axis	7
Triangle profile	8
Circle profile	9
Square profile	10
Squiggle profile	11

<b>WHY</b>	<p><i>"Talent wins games, but teamwork and intelligence win championships." - Michael Jordan</i></p> <p>This course will allow you and your colleagues/team members understand who you are, in order to understand and better connect/interact with each other, as this is key to great team work.</p>
<b>WHO</b>	<p><b>Audience:</b></p> <ul style="list-style-type: none"> <li>- All professionals</li> </ul> <p><b>Facilitator:</b></p> <ul style="list-style-type: none"> <li>- Self-learning</li> <li>- Managers of all levels</li> </ul>
<b>WHAT</b>	<p><b>Content includes:</b></p> <ul style="list-style-type: none"> <li>- Pre course test – what ‘shape’ are you?</li> <li>- Test results and description of the 4 shapes and their meaning</li> <li>- Practical application at work</li> </ul> <p><b>Content length:</b></p> <ul style="list-style-type: none"> <li>- Approximately 45 minutes in this section</li> </ul>
<b>HOW</b>	<p>1<sup>st</sup> Take the test and find our more about yourself</p> <p>2<sup>nd</sup> Read course content</p> <p>3<sup>rd</sup> Keep it alive by referring to your ‘shape’ whenever it is obviously impacting your relation with others</p>

## INTRODUCTION



Which shape are you drawn to? Research suggests that the shape you immediately aligned yourself to is likely to be the shape identified when you take the test (later in this booklet); in fact, it is thought to be 73% accurate!

Shapes profiling, also known as Psycho-Geometrics, is a profiling tool based on similar theories to Myers Briggs Type Indicator (MBTI) and Insights. The key thing to note is that it should not be viewed as a way of saying “this is who you are” or “this is how you *always* act” – it should instead be used as a way of identifying and understanding the *behaviours* you demonstrate, or your preference for understanding information and making decisions. Evidence shows that if you are left to your own devices, or during times of high pressure and stress, you are likely to revert to your shape, and your preferred style and behaviour.

## WHAT SHAPE ARE YOU? TEST SHEET

Study the rows of words. Choose one word from each row that applies to you most often. Place a tick next to this word. Do not skip any rows.

1.     animated            adventurous        analytical        adaptable
2.     persistent        playful            persuasive        peaceful
3.     submissive        self-sacrificing    sociable        strong-willed
4.     considerate        controlled        competitive      convincing
5.     refreshing        respectful        reserved        resourceful
6.     satisfied        sensitive        self-reliant      spirited
7.     planner            patient            positive        promoter
8.     sure            spontaneous        scheduled        shy
9.     orderly        obliging        outspoken        optimistic
10.    friendly        faithful        funny            forceful
11.    daring        delightful        diplomatic        detailed
12.    cheerful        consistent        cultured        confident
13.    idealistic        independent        inoffensive      inspiring
14.    demonstrative    decisive        dry humour      deep
15.    mediator        musical        mover            mixes easily
16.    thoughtful        tenacious        talker            tolerant
17.    listener        loyal            leader            lively
18.    contented        chief            chart-maker      cute
19.    perfectionist    permissive        productive        popular
20.    bouncy        bold            behaved        balanced

- |     |                  |                      |                   |                    |
|-----|------------------|----------------------|-------------------|--------------------|
| 21. | __ brassy        | __ bossy             | __ bashful        | __ blank           |
| 22. | __ undisciplined | __ unsympathetic     | __ unenthusiastic | __ unforgiving     |
| 23. | __ reluctant     | __ resentful         | __ resistant      | __ repetitious     |
| 24. | __ fussy         | __ fearful           | __ forgetful      | __ too frank       |
| 25. | __ impatient     | __ insecure          | __ indecisive     | __ interruptive    |
| 26. | __ unpopular     | __ uninvolved        | __ unpredictable  | __ unaffectionate  |
| 27. | __ headstrong    | __ haphazard         | __ hard to please | __ hesitant        |
| 28. | __ plain         | __ pessimistic       | __ proud          | __ permissive      |
| 29. | __ angers easily | __ aimless           | __ argumentative  | __ alienated       |
| 30. | __ naive         | __ negative attitude | __ nervy          | __ nonchalant      |
| 31. | __ worrier       | __ withdrawn         | __ workaholic     | __ wants credit    |
| 32. | __ too sensitive | __ tactless          | __ timid          | __ talkative       |
| 33. | __ doubtful      | __ disorganised      | __ domineering    | __ depressed       |
| 34. | __ inconsistent  | __ introvert         | __ intolerant     | __ indifferent     |
| 35. | __ messy         | __ moody             | __ mumbles        | __ manipulative    |
| 36. | __ slow          | __ stubborn          | __ show-off       | __ sceptical       |
| 37. | __ loner         | __ lord over others  | __ lazy           | __ loud            |
| 38. | __ sluggish      | __ suspicious        | __ short-tempered | __ scatter-brained |
| 39. | __ revengeful    | __ restless          | __ reluctant      | __ rash            |
| 40. | __ compromising  | __ critical          | __ crafty         | __ changeable      |

## WHAT SHAPE ARE YOU? – ANSWER SHEET

Now transfer your answers from the previous two pages to this page. Note that the words are in a different order here, so transfer your answers carefully.

- |     |  |   |  |   |
|-----|--|---|--|---|
| 1.  | <input type="checkbox"/> animated        | <input type="checkbox"/> adventurous      | <input type="checkbox"/> analytical        | <input type="checkbox"/> adaptable      |
| 2.  | <input type="checkbox"/> playful         | <input type="checkbox"/> persuasive       | <input type="checkbox"/> persistent        | <input type="checkbox"/> peaceful       |
| 3.  | <input type="checkbox"/> sociable        | <input type="checkbox"/> strong-willed    | <input type="checkbox"/> self-sacrificing  | <input type="checkbox"/> submissive     |
| 4.  | <input type="checkbox"/> convincing      | <input type="checkbox"/> competitive      | <input type="checkbox"/> considerate       | <input type="checkbox"/> controlled     |
| 5.  | <input type="checkbox"/> refreshing      | <input type="checkbox"/> resourceful      | <input type="checkbox"/> respectful        | <input type="checkbox"/> reserved       |
| 6.  | <input type="checkbox"/> spirited        | <input type="checkbox"/> self-reliant     | <input type="checkbox"/> sensitive         | <input type="checkbox"/> satisfied      |
| 7.  | <input type="checkbox"/> promoter        | <input type="checkbox"/> positive         | <input type="checkbox"/> planner           | <input type="checkbox"/> patient        |
| 8.  | <input type="checkbox"/> spontaneous     | <input type="checkbox"/> sure             | <input type="checkbox"/> scheduled         | <input type="checkbox"/> shy            |
| 9.  | <input type="checkbox"/> optimistic      | <input type="checkbox"/> outspoken        | <input type="checkbox"/> orderly           | <input type="checkbox"/> obliging       |
| 10. | <input type="checkbox"/> funny           | <input type="checkbox"/> forceful         | <input type="checkbox"/> faithful          | <input type="checkbox"/> friendly       |
| 11. | <input type="checkbox"/> delightful      | <input type="checkbox"/> daring           | <input type="checkbox"/> detailed          | <input type="checkbox"/> diplomatic     |
| 12. | <input type="checkbox"/> cheerful        | <input type="checkbox"/> confident        | <input type="checkbox"/> cultured          | <input type="checkbox"/> consistent     |
| 13. | <input type="checkbox"/> inspiring       | <input type="checkbox"/> independent      | <input type="checkbox"/> idealistic        | <input type="checkbox"/> inoffensive    |
| 14. | <input type="checkbox"/> demonstrative   | <input type="checkbox"/> decisive         | <input type="checkbox"/> deep              | <input type="checkbox"/> dry humour     |
| 15. | <input type="checkbox"/> mixes easily    | <input type="checkbox"/> mover            | <input type="checkbox"/> musical           | <input type="checkbox"/> mediator       |
| 16. | <input type="checkbox"/> talker          | <input type="checkbox"/> tenacious        | <input type="checkbox"/> thoughtful        | <input type="checkbox"/> tolerant       |
| 17. | <input type="checkbox"/> lively          | <input type="checkbox"/> leader           | <input type="checkbox"/> loyal             | <input type="checkbox"/> listener       |
| 18. | <input type="checkbox"/> cute            | <input type="checkbox"/> chief            | <input type="checkbox"/> chart-maker       | <input type="checkbox"/> contented      |
| 19. | <input type="checkbox"/> popular         | <input type="checkbox"/> productive       | <input type="checkbox"/> perfectionist     | <input type="checkbox"/> permissive     |
| 20. | <input type="checkbox"/> bouncy          | <input type="checkbox"/> bold             | <input type="checkbox"/> behaved           | <input type="checkbox"/> balanced       |
| 21. | <input type="checkbox"/> brassy          | <input type="checkbox"/> bossy            | <input type="checkbox"/> bashful           | <input type="checkbox"/> blank          |
| 22. | <input type="checkbox"/> undisciplined   | <input type="checkbox"/> unsympathetic    | <input type="checkbox"/> unforgiving       | <input type="checkbox"/> unenthusiastic |
| 23. | <input type="checkbox"/> repetitious     | <input type="checkbox"/> resistant        | <input type="checkbox"/> resentful         | <input type="checkbox"/> reluctant      |
| 24. | <input type="checkbox"/> forgetful       | <input type="checkbox"/> too frank        | <input type="checkbox"/> fussy             | <input type="checkbox"/> fearful        |
| 25. | <input type="checkbox"/> interruptive    | <input type="checkbox"/> impatient        | <input type="checkbox"/> insecure          | <input type="checkbox"/> indecisive     |
| 26. | <input type="checkbox"/> unpredictable   | <input type="checkbox"/> unaffectionate   | <input type="checkbox"/> unpopular         | <input type="checkbox"/> uninvolved     |
| 27. | <input type="checkbox"/> haphazard       | <input type="checkbox"/> headstrong       | <input type="checkbox"/> hard to please    | <input type="checkbox"/> hesitant       |
| 28. | <input type="checkbox"/> permissive      | <input type="checkbox"/> proud            | <input type="checkbox"/> pessimistic       | <input type="checkbox"/> plain          |
| 29. | <input type="checkbox"/> angers easily   | <input type="checkbox"/> argumentative    | <input type="checkbox"/> alienated         | <input type="checkbox"/> aimless        |
| 30. | <input type="checkbox"/> naive           | <input type="checkbox"/> nervy            | <input type="checkbox"/> negative attitude | <input type="checkbox"/> nonchalant     |
| 31. | <input type="checkbox"/> wants credit    | <input type="checkbox"/> workaholic       | <input type="checkbox"/> withdrawn         | <input type="checkbox"/> worrier        |
| 32. | <input type="checkbox"/> talkative       | <input type="checkbox"/> tactless         | <input type="checkbox"/> too sensitive     | <input type="checkbox"/> timid          |
| 33. | <input type="checkbox"/> disorganised    | <input type="checkbox"/> domineering      | <input type="checkbox"/> depressed         | <input type="checkbox"/> doubtful       |
| 34. | <input type="checkbox"/> inconsistent    | <input type="checkbox"/> intolerant       | <input type="checkbox"/> introvert         | <input type="checkbox"/> indifferent    |
| 35. | <input type="checkbox"/> messy           | <input type="checkbox"/> manipulative     | <input type="checkbox"/> moody             | <input type="checkbox"/> mumbles        |
| 36. | <input type="checkbox"/> show-off        | <input type="checkbox"/> stubborn         | <input type="checkbox"/> sceptical         | <input type="checkbox"/> slow           |
| 37. | <input type="checkbox"/> loud            | <input type="checkbox"/> lord over others | <input type="checkbox"/> loner             | <input type="checkbox"/> lazy           |
| 38. | <input type="checkbox"/> scatter-brained | <input type="checkbox"/> short-tempered   | <input type="checkbox"/> suspicious        | <input type="checkbox"/> sluggish       |
| 39. | <input type="checkbox"/> restless        | <input type="checkbox"/> rash             | <input type="checkbox"/> revengeful        | <input type="checkbox"/> reluctant      |
| 40. | <input type="checkbox"/> changeable      | <input type="checkbox"/> crafty           | <input type="checkbox"/> critical          | <input type="checkbox"/> compromising   |

\_\_\_ TOTAL



\_\_\_ TOTAL



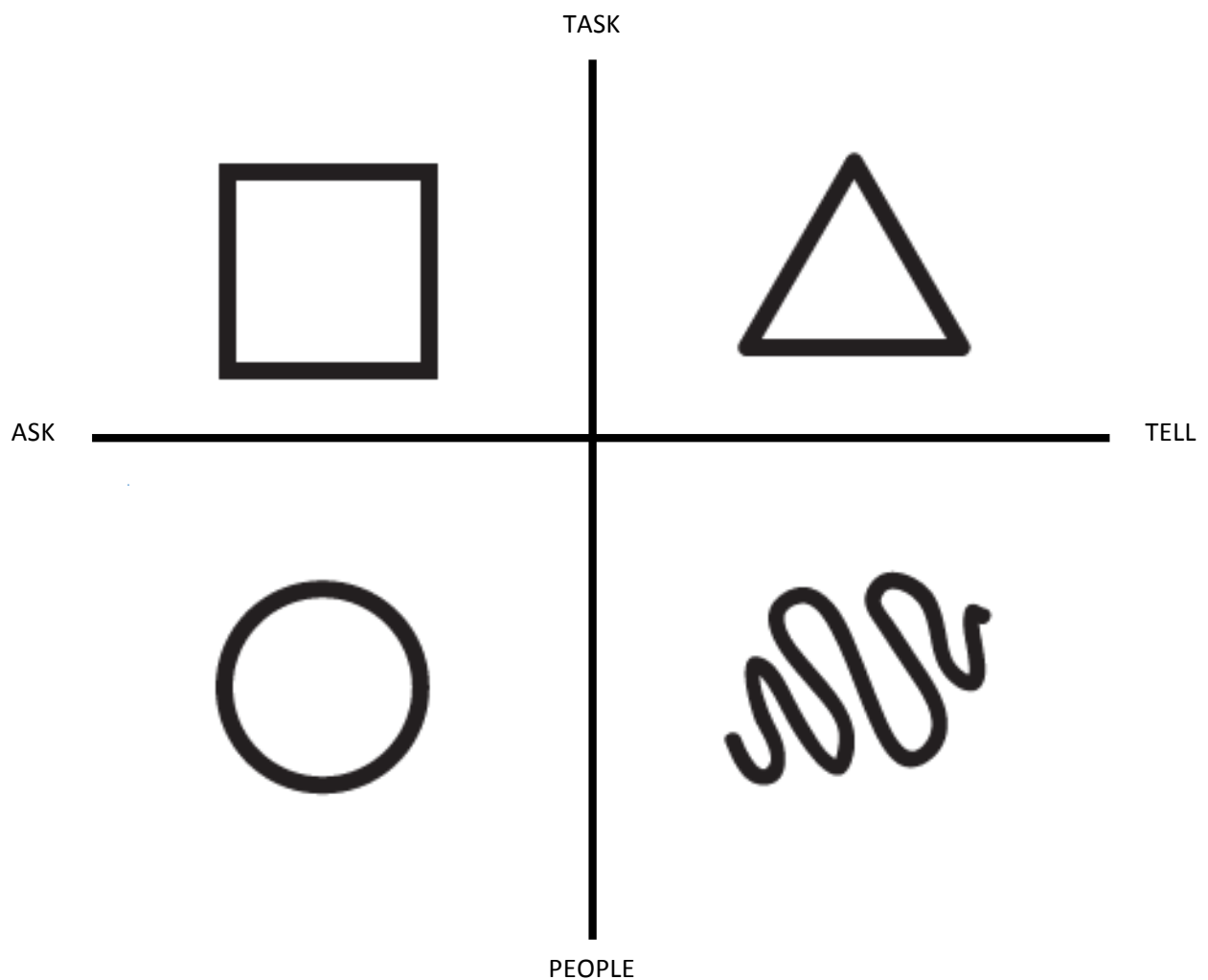
\_\_\_ TOTAL



\_\_\_ TOTAL



# SHAPES PROFILE AXIS



A brief overview:

Triangle Forceful character, persistent, leader, competitive, persuasive

Circle Service orientated, personal relationships, friendly, empathetic, accommodating

Square Use of facts, detail orientated, logical, consistent, specific plans, gives examples

Squiggle Sociable, confident, enthusiastic, inspired, excitable, full of ideas

## TRIANGLE PROFILE



WORKPLACE – what might a TRIANGLE be like in the workplace? How do they communicate? How do they interact with others?

STRENGTHS – what are the TRIANGLE'S strengths? What are they good at? What are they useful for?

ADVICE – what advice would you give TRIANGLES? How should they flex their style in order to get on better with other shapes?



## CIRCLE PROFILE



WORKPLACE – what might a CIRCLE be like in the workplace? How do they communicate?  
How do they interact with others?

STRENGTHS – what are the CIRCLE'S strengths? What are they good at? What are they useful  
for?

ADVICE – what advice would you give CIRCLES? How should they flex their style in order to  
get on better with other shapes?

## SQUARE PROFILE



WORKPLACE – what might a SQUARE be like in the workplace? How do they communicate?  
How do they interact with others?

STRENGTHS – what are the SQUARE'S strengths? What are they good at? What are they useful  
for?

ADVICE – what advice would you give SQUARES? How should they flex their style in order to  
get on better with other shapes?

## SQUIGGLE PROFILE



WORKPLACE – what might a SQUIGGLE be like in the workplace? How do they communicate? How do they interact with others?

STRENGTHS – what are the SQUIGGLE'S strengths? What are they good at? What are they useful for?

ADVICE – what advice would you give SQUIGGLES? How should they flex their style in order to get on better with other shapes?

**NOTES:**