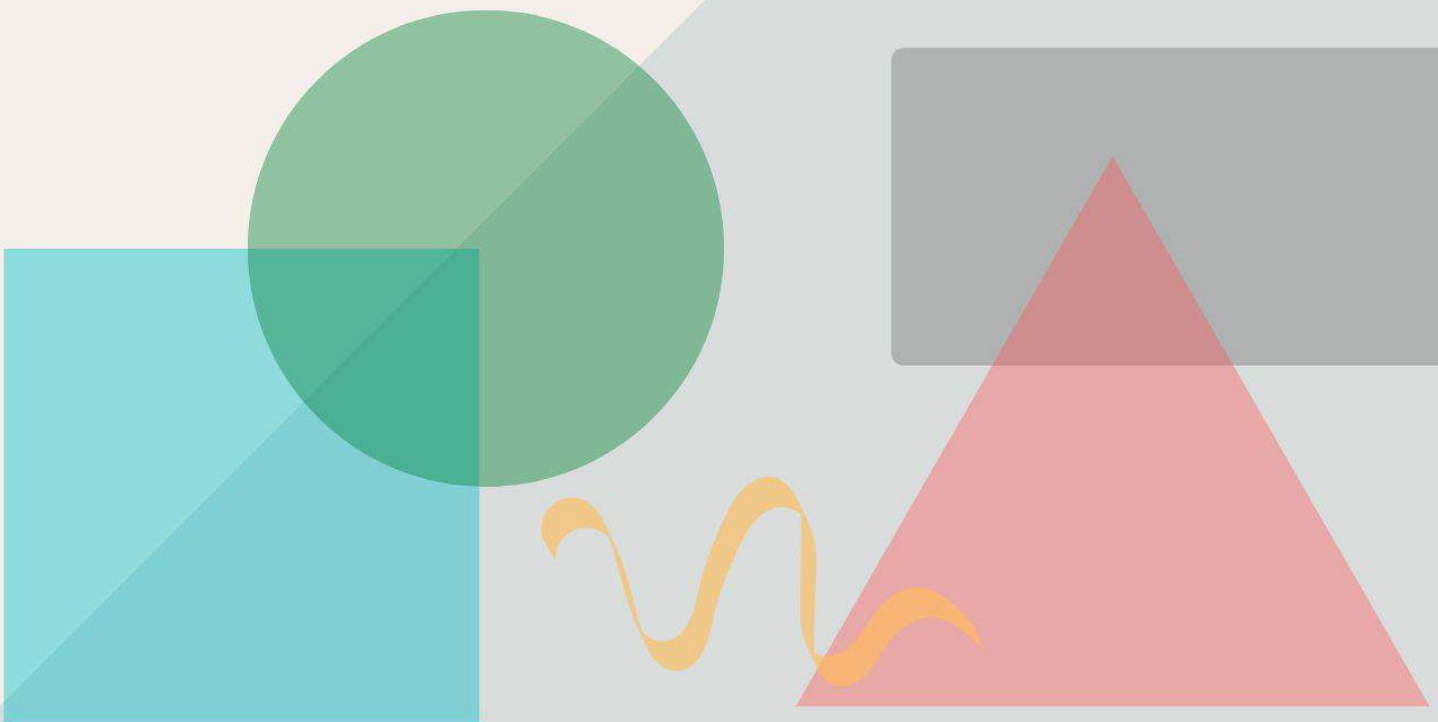


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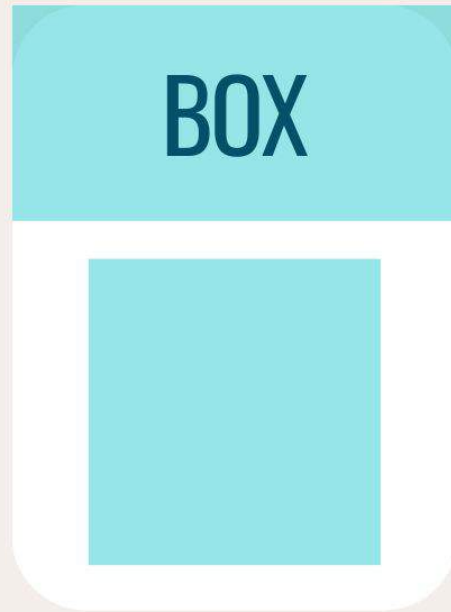
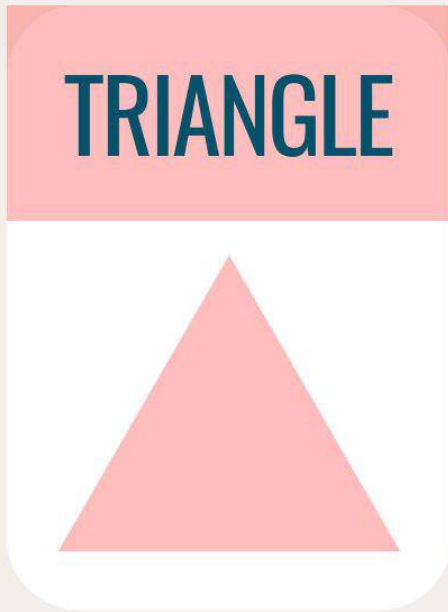
WHAT SHAPE ARE YOU? SHAPE ASSESSMENT RESULTS

Sample Report

February 22, 2023, 12:32:PM



YOUR SHAPE PROFILE IS



HERE ARE YOUR SCORES



BOX
5



TRIANGLE
7



RECTANGLE
3



CIRCLE
3



SQUIGGLE
3



**BOX
5**

TRAITS

Punctual

BEHAVIORS

I prefer established rules and routines
I enjoy collecting things

RELATING TO OTHERS

I think before speaking
I am a very loyal friend



**TRIANGLE
7**

TRAITS

Take-charge leader
Ambitious

BEHAVIORS

I make decisions swiftly and decisively
I work hard and play hard
I like to associate with important people

RELATING TO OTHERS

I prefer being in charge
I have strong opinions - I tell it like it is



**RECTANGLE
3**

TRAITS

Suggestible

BEHAVIORS

I am focusing on my own needs right now
I am experiencing change in my life

RELATING TO OTHERS

None Selected



**CIRCLE
3**

TRAITS

Good listener

BEHAVIORS

None Selected

RELATING TO OTHERS

I treat my co-workers and friends like family
I like to socialize and talk things over



**SQUIGGLE
3**

TRAITS

Naturally expressive
An idea person

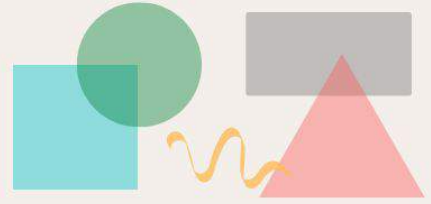
BEHAVIORS

None Selected

RELATING TO OTHERS

I am great at motivating others

USING YOUR SHAPE PROFILE TO LEARN ABOUT YOURSELF



Psycho-Geometrics® offers wonderful insight into your personality-communication style and is a useful guide on your journey towards self-development. It is however not aimed at "boxing", limiting or categorising you. As an individual, you are more complex, unique and distinct than your Psycho-Geometrics® style reflects.

While your primary and secondary shapes play a significant role in the way you think, feel and interact with others, remember that **all five shapes influence your personality-communication style and preferences** in varying degrees, truly making your style unique.

The report will provide you with a shape description, but know that you are not just one/two shapes and some parts of the shape description could alter, given your scores on other shapes and how they impact one another. Keep this in mind as you read the shape description below. For e.g. a dominant Squiggle with a secondary shape as Circle, will be very different from a dominant Squiggle with a secondary shape as Triangle.

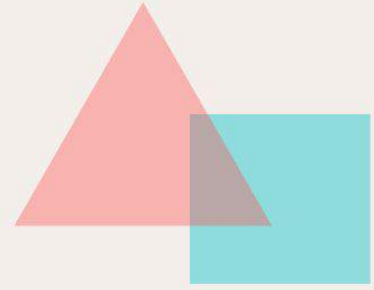
How to use this report:

All development through Psycho-Geometrics® starts with the journey of self-reflection on how your dominant shape impacts your personality and communication. This report will offer you general information to support you in the process of discovering your shape profile, but you will need to take the time to internalise and discover more about yourself for this to be meaningful.

Step 1: Understand your unique shape combination, reflect and process the insights that come from knowing your motivations, strengths, weaknesses, and potential. This is the journey that allows the subconscious to become conscious.

Step 2: Once you have greater awareness around your current profile, explore alternative behaviours using your lesser-used shapes to bring in more balance. Develop greater integration of all the shapes by being present and practising mindfulness.

YOUR PROFILE TRIANGLE/BOX

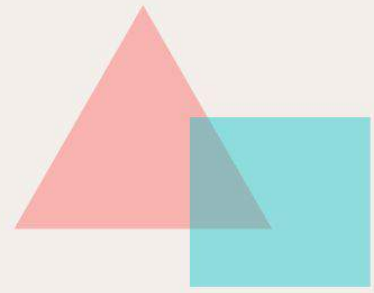


You are a very **organized (Box)** and **ambitious (Triangle)** person. You believe there is a "right way" to do almost everything and it is your task in life to make sure all projects are completed in a timely manner. You become **stressed** when goals are unclear and deadlines are missed. Under stress, you have the capacity to become a severe **taskmaster** and colleagues cower in your presence.

You are a strong personality and often intimidate others. Because you are very **left-brain dominant**, you are a linear thinker. You are very **focused** on the goal of the moment and may miss the "big picture" by becoming buried in the details. You are highly respected for your **knowledge** and quick **decision-making** ability. You ask others, "What's the bottom line?"

You can be an effective **team player** IF you respect your teammates and feel that the team project is of value. Your **leadership skills** will often emerge in the team setting. Others often look to you for guidance. You have the **courage** to take a stand and you are willing to be fully **accountable** for your decision. You are not a risk-taker, but you will carefully **analyze** and calculate your options. You often think in numbers; *"Are chances 60/40 here?"* You are aware of your **status** and wear fashionable expensive clothing. **Blue** is your colour.

TALKING STRAIGHT



AT WORK:

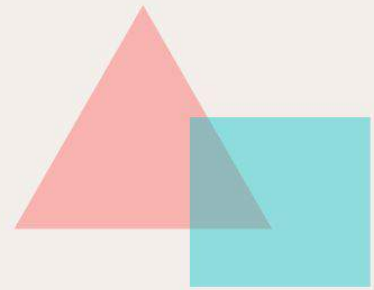
You are definitely **management** material, BUT you will need good coaching from a talented mentor in order to be successful. You have a tendency to be **dogmatic** and must learn to respect the opinions of others. (You must learn to value the contribution of **Circles and Squiggles**.) You are **competitive** and actually enjoy the political machinations of a large organization. You are an excellent **negotiator** and can be very successful in **sales** management.

AT LEISURE:

You are a **hard driver** at work, so your home environment must be uncluttered and **stress-free**. You are not romantic, but are committed to loved ones and are a vicious tiger if your family is threatened. You prefer a set **schedule** at home. Meals should be taken at appointed times. Social events will be few, but carefully planned and efficiently executed. Your leisure activities will be scheduled routines.

You have excellent **athletic** ability and enjoy running/working out. You could be an expert at **games** requiring mental acuity such as chess or bridge. You are not artistic, but appreciate objects of value. You say you like classical music but secretly listen to country songs. Your reading preferences lean toward mystery novels and biographies.

BRING A BALANCE



The Journey...

ACCEPT that all five shapes are within you.

IDENTIFY which shape/s are dominant, which are least used, and how it impacts your life and relationships.

EMBRACE your weaker/least used shape/s. These embody the qualities that you need to now develop, in order to be a better version of yourself.

ACCEPT your dominant shape/s, but do not use them as an excuse for your poor behaviour, i.e. "sorry, that's just the way I am".

DON'T RESIST the Rectangle within you. Remember that rectangle is the passageway to change.

The most healthy personality is able to integrate the strengths of ALL five shapes

What "strengths" or "skills" from the other shapes should be considered?

- **BOX** is the shape of practical action, consistency, patience, and perseverance.
- **TRIANGLE** is the shape of ambition, clarity, focus and quick decision.
- **RECTANGLE** is the shape of growth and change.
- **CIRCLE** is the shape of harmony, empathy, connection, and engagement.
- **SQUIGGLE** is the shape of innovation, spontaneity, flexibility, and uniqueness.

Today's Tip:

Managing your Shape Strengths is important to your success, and the success of others who are important to you!

Part of managing and leveraging your **TRIANGLE and BOX** Strengths is including the other three shapes' behaviours in your communication.

These three shapes complement your strengths, helping to ensure the best possible version of you.

HOW BUILDING THE RECTANGLE CAN ADD VALUE:



When we are open and present to change, we allow ourselves to be fully touched by life and to grow from experience. And with that, we discover ourselves in profound ways.

The Rectangle within you searches for meaning, depth and authenticity. It allows you to disrupt your current way of being and explore the road less travelled. And that is extremely valuable.

While being in the comfort zone can be comforting, it is also limiting. If you continue to feel and think how you have always felt and thought, and you do what you have always done; you may miss opportunities to grow personally and professionally.

When you consciously embrace your Rectangle, you let go of the belief that you have all the answers and get into the mode of curious questioning. This is a powerful space. **The rectangle within you allows you to recognise the need for change, and protect you from becoming obsolete, stagnant or self-absorbed.**

Embrace the strengths of a Rectangle:

- Admit to what you don't know
- Become open to learning
- Embrace disruption
- Learn to ask for support
- Become curious, flexible, open and creative

HOW BUILDING THE CIRCLE CAN ADD VALUE:



When you bring your Circle into a healthy balance, you experience genuine empathy and compassion. People experience you as helpful, generous, patient and considerate. They are drawn to you, as you enliven them with your appreciation and attention. The incredible part is you help people see positive qualities in themselves that they had not previously recognised. This is the sign of a true leader.

You can form the deepest connections with people through your Circle. When you embrace this energy, you access the extraordinary ability to not simply care about others, but to actually do something meaningful for them.

Embrace the strengths of a Circle:

- **Relate easily with people**
- **Understand what people need and what is meaningful to them**
- **Become an open-hearted listener**
- **Become sensitive and perceptive about others feelings**
- **Express generosity, care and warmth**

HOW BUILDING THE SQUIGGLE CAN ADD VALUE:



The Squiggle is your opportunity to be more flexible, less rigid and more creative with how you use information, or how you set your goals.

The Squiggle mind moves rapidly from one idea to another, making them gifted at brainstorming and synthesizing information. Squiggles are not limited by their past and live in the immense possibilities of the future. When you embrace your Squiggle energy, it allows you to become more spontaneous, agile, curious and optimistic.

In your Squiggle, you allow yourself to experience exuberance and child-like playful energy. You experience vitality and a desire to fully participate in your life each day. It allows you to be cheerful and good-humoured as you refuse to take yourself too seriously.

When the Squiggle energy is in balance with other shapes, it builds incredible joy and enthusiasm for life and positively impacts everyone around you.

Embrace the strengths of a Squiggle:

- **Become optimistic and not let life's troubles get you down**
- **Build the appetite to take risks and to try exciting adventures. Get out of the box!**
- **Develop varied interests and abilities**
- **Become spontaneous and free-spirited**
- **Build the courage to speak your mind and stand for your ideas**

UNDERSTANDING YOUR SCORES



LOW (0-3)

If you score low in a shape, it doesn't mean you are below average, or that your score is bad.

It simply means you do not have a high percentage of this shape within you naturally. In fact, while using one of your lower score shapes, you may feel awkward or uncomfortable. Using one of your low-score shapes, even if you only use it sparingly, could be the very shape behavior that helps maximize or manage one of your shape strengths.

A low score can also signal a development opportunity for you.

MEDIUM (4-6)

If you score medium in a shape, it doesn't mean you are average, or that your score is average.

It simply means you have a medium percentage of this shape within you. It can influence your shapes with higher scores, but it is probably not your "go-to" shape.

Knowing how to leverage a medium score can help balance out a higher shape score, or help compensate for a lower shape score.

HIGH (7 OR MORE)

It simply means you have a high percentage of this shape within you naturally. Your highest shape score represents your Primary Shape. Your next highest shape score represents your Secondary Shape.

How you use and manage your high score Shapes determines if your Primary and Secondary Shapes are your strengths, your challenges, or a little of both as a communicator.

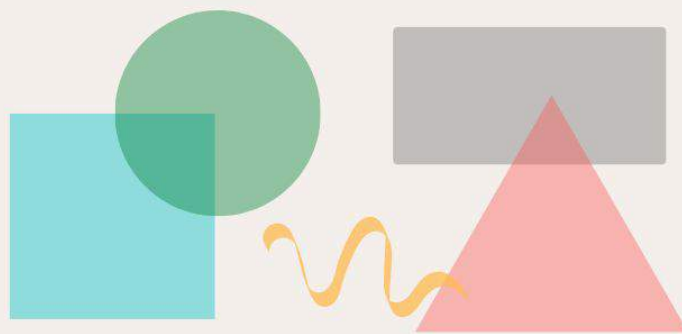
Knowing how to Shape Flex, which means learning how to naturally, skillfully and/or strategically use any of the shapes or blend of shapes regardless of your scores, is KEY to leveraging your Shape strengths, managing your Shape challenges, being an effective communicator and strengthening your relationships.

NOTE: THERE IS ONE EXCEPTION TO THIS SCORING GUIDE, WHICH PERTAINS TO THE RECTANGLE.

The Rectangle is neither a primary nor secondary shape. It is a transitional and temporary shape. It is typical for most people to have a low score in Rectangle (3 or less). That is because most people are not naturally good at being open-minded, embracing and navigating their way through change.

The higher the score in Rectangle, typically the bigger the change. Therefore, unlike the other four shapes, a medium or high score in Rectangle doesn't indicate how much Rectangle you have within you naturally. Instead, it is an indication of how much change and growth is part of your life at this moment.

Changes can be exciting or scary, but either way most people find change challenging to manage.



OVERVIEW OF THE PSYCHO-GEOMETRICS® SYSTEM

Psycho-Geometrics® is the newest online system of personality style analysis in the panoply of research available today.

The system has an **84% probability factor**. This means that subjects who experience the 5 Shapes report that the choice they make is an accurate description for them. The system is based on Dr Dellinger's doctoral work in Communication, her research in personality psychology (primarily the work of Dr Carl Jung), and research into the functioning of the human brain.

The Psycho-Geometrics® system provides useful feedback to you by analyzing your results based on:

1. Your **TRAITS and HABITS**
2. Your **COMMUNICATION STYLE**
3. Your **THINKING STYLE**

It is the unique blend of these 3 categories tested in 89 item choices that give you your Dominant SHAPE Profile.

TRAITS AND BEHAVIORAL HABITS



This category is tested in Sections 1 and 2 of the online test. Item choices are single adjectives or short phrases that describe the 5 Shapes. In Section 2, item choices centre around **habits (repeated behaviours)** at work and home.

For example **The Box, Triangle and Rectangle** are habitually on time and create an organized environment with "everything in its place and a place for everything."

Circles reflect their relationship orientation with framed photos of family and friends, live plants and the creation of a relaxing interpersonal atmosphere in the office and at home.

In the case of **Squiggles**, the environment is stimulating but disorganized and their habits are erratic and unpredictable.



THE BOX

Let's do things the 'RIGHT' way



THE TRIANGLE

Let's do it NOW!



THE RECTANGLE

WHY are we doing this?



THE CIRCLE

Let's do it TOGETHER



THE SQUIGGLE

Let's do it DIFFERENTLY

COMMUNICATION STYLE



Congruent with our thinking style is the way we choose to communicate with others. Communication is behaviour and, as such, can be observed and quantified. Each of the 5 Shapes demonstrates unique communication behaviours.



Boxes prefer to communicate in written form. They speak slowly, precisely and softly and use limited body language. They prefer 1-to-1 communication and are uncomfortable in large groups.



Circles exude warmth in their communication style. They smile, nod, gesture and love to touch people via hugs. Circles communicate best 1-to-1, but they are equally as happy in small, intimate groups.



Triangles have deep voices and alter the volume for emphasis. They use pointed gestures and very direct eye contact. They enjoy competition and thrive in small and large groups where they attempt to dominate.



Squiggles are highly energetic and expressive in their communication style. They can get so excited that they lose their train of thought. They prefer large groups where they have an audience for their "performance."

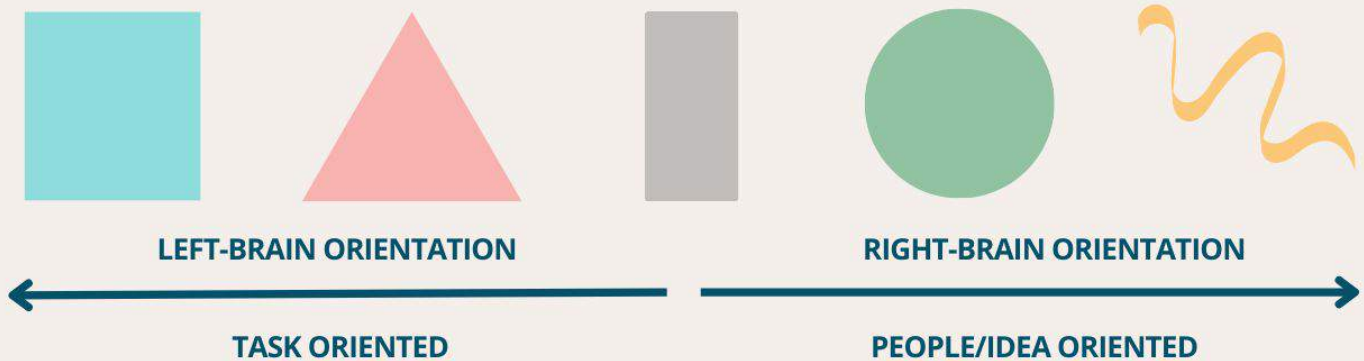


Rectangles are hesitant communicators who may stumble on their words, repeat themselves, and/or fail to establish eye contact. They are good listeners and ask questions often. Lacking confidence, they prefer groups in which they can hide.

THINKING STYLE



Psycho-Geometrics® – Brain Function



Psycho-Geometrics® recognises that people process information differently. People who choose the **Box, Triangle and/or Rectangle** tend to have left-brain-dominant thinking styles. Whereas the **Circle and the Squiggle** are right-brain-dominant.

How does this impact their thinking?

This means that the three linear shapes (Box, Triangle, Rectangle) are logical thinkers. They have a more task-oriented organised approach to life. They process information in a more sequential format.

Whereas the non-linear shapes (Circle/Squiggle) tend to process information in a less linear and more configural way. They are more interested in the whole than the individual parts. Right-brainers place less emphasis on logic and organisation, and tend to be more creative and intuitive.

It is very important to understand this difference, as this fundamentally affects the way each shape perceives the world around them. It affects the way they understand, act and react to things.

Preferences Of Each Shape

- Box: Prefer objective data presented in a sequential fashion
- Triangle: Prefer to view the information in black/white...right/wrong. There are no greys
- Circle: Prefer information presented with emotion and sensitivity
- Squiggle: Prefer ideas presented with energy and enthusiasm
- Rectangle: Tend to sway between occasionally linear, occasionally emotional

COMMON TRAITS OF EACH SHAPE



BOX

ORGANISED

PATIENT

ETHICAL

OBJECTIVE

PERSEVERANT

CAUTIOUS

ANALYTICAL

KNOWLEDGEABLE

SELF-DISCIPLINED



TRIANGLE

FOCUSSED

COMPETITIVE

CONFIDENT

AMBITIOUS

DEMANDING

STRONG-WILLED

DECISIVE

IMPATIENT

OPTIMISTIC



RECTANGLE

SEARCHING

COURAGEOUS

MOODY

INQUISITIVE

IN TRANSITION

CONFUSED

CHANGING

GROWING

SUGGESTIBLE



CIRCLE

FRIENDLY

CARING

LOVING

NURTURING

SENSITIVE

SELF-CRITICAL

EMPATHETIC

EMOTIONAL

INDIRECT



SQUIGGLE

CREATIVE

EXPRESSIVE

SPONTANEOUS

INTUITIVE

ADVENTUROUS

IMPULSIVE

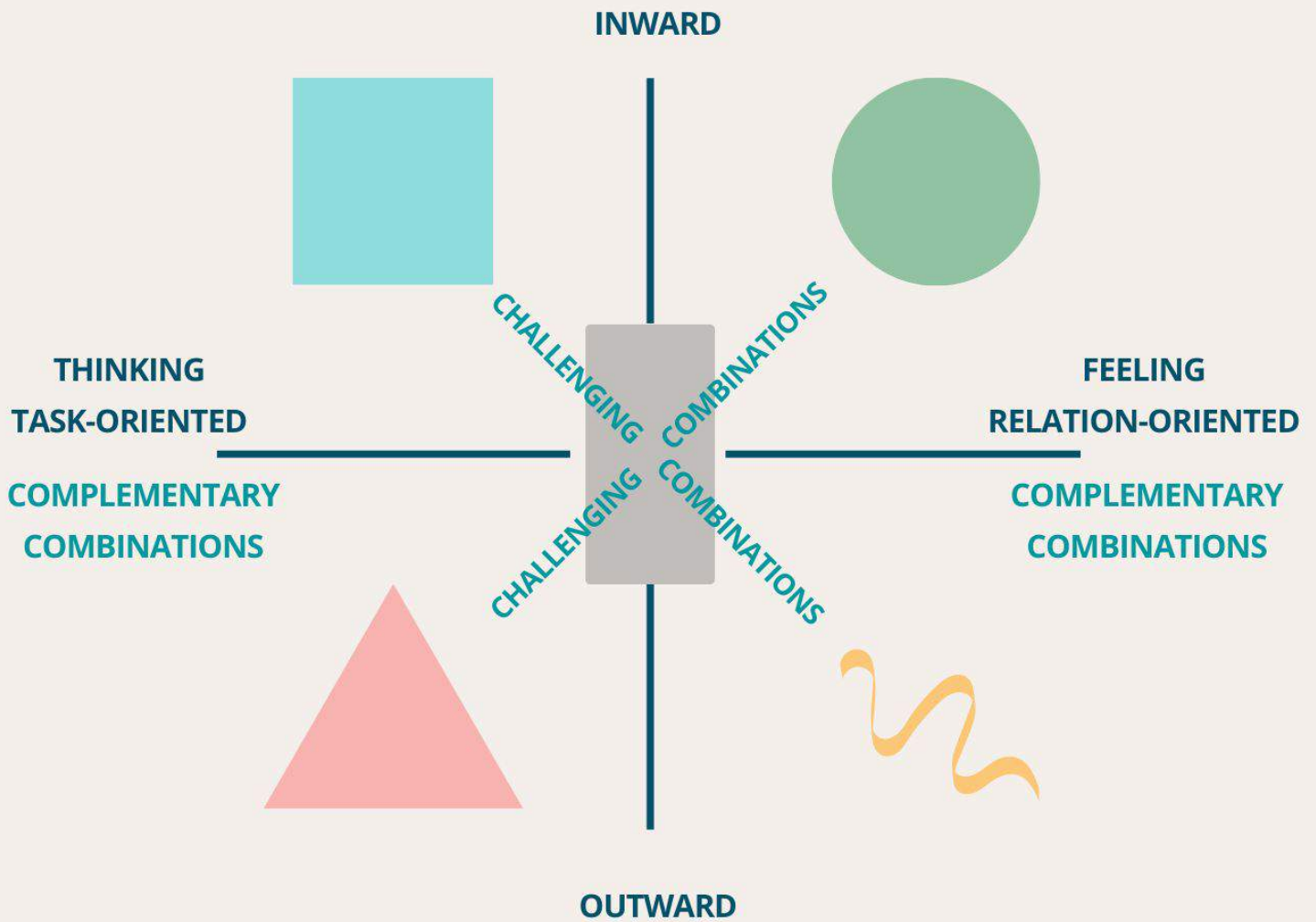
WITTY

EXCITED

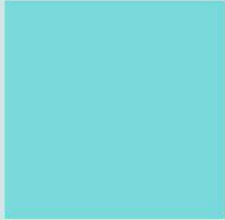
REBELLIOUS

PSYCHO-GEOMETRICS® GRID

WHAT SHAPE ARE YOU?



OVERVIEW OF THE 5 SHAPES



The BOX (also known as the “Square”), is the **HARD WORKER**. He/she is the **most organized** of the Shapes and is typically a very **tidy, logical** and **practical** individual who likes everything around them to be in an orderly fashion.

THE BOX

Such people are by definition, **highly intolerant of sloppy work**. The Box person is also the **most knowledgeable** of the Shapes. Some of the Box's most positive traits are their **dependability, perseverance** and **patience**.

On the negative side, Boxes can be **nit-picking, aloof, and resistant to change**. Because others seldom live up to their standards, they are often **loners** at work. Although not outgoing in social situations, Boxes are **loyal** to a fault and make trustworthy mates.

We have to do it that (right) way!

Save first, spend later

Why didn't you handle it the way I told you to?

I need to get this organized

Meet the deadline

You need to follow the rules

Better safe than sorry

If you want a job done right, you've got to do it yourself!

Be responsible and honour your commitments



THE TRIANGLE

The TRIANGLE likes to be known as the **LEADER**. Triangles want to be “the Boss” and are always in **control**. They are adept at **taking charge**, wielding authority over those who are less confident than them. By nature, they feel “destined to succeed.”

One of their strengths is the ability to **delegate** work to others - a key skill for any good manager. Although they are effective **negotiators**, Triangles are highly **opinionated** and not broad conceptual thinkers. They are quick **decision-makers** and very **focused** on each singular objective.

This bottom-line-oriented person bores easily, becomes **impatient** and tells others to “Get to the point!” Often **athletic**, they are highly **competitive**. Triangles may not be well-liked, but they are always highly respected.

Get to the point!

What's in it for me?

Don't waste my time

Come to me with solutions.

You're fired!

It's my way or the wrong way

Live life king-size!

Can you keep this short?

Do as I say

Why are you getting sentimental?

Let's get to the bottom-line

Why are people so over-sensitive?



The RECTANGLE is the person in transition. The Rectangle's condition is a temporary state of change. But for now, every day is **exciting** because they are in a **learning phase** and **searching** for something new in their lives.

THE RECTANGLE

Rectangles are highly **inquisitive** and **courageous** during this period of change and will often **experiment** and try **new things**. Every day is also **confusing** because they wonder where the future will take them. Some are **unsure** if they want to stay in permanent employment or freelance. Some are **the rookie** in a new and unfamiliar situation and are **suggestible** and **vulnerable** to manipulation by others.

Their **lack of confidence** spawns **indecision** and **inconsistency**. It has been said that the only predictable thing about a Rectangle is that they are **unpredictable!** The good news is - Rectangular periods are temporary...it will pass.

I just can't decide

Why do we do it this way?

I want to live a meaningful life

What's it all for, anyway?

What do you think?

Can we talk.....?

Have I said the wrong thing again?

No one really understands me

Seek and seek and seek - and maybe ye shall find

When is my REAL life going to begin?

I still haven't figured out what I want to be



THE CIRCLE

The **CIRCLE** is the **LOVER** among us. Circles are very much focused on the **well-being of others** and on maintaining **harmony**. They **abhor conflict** and often **back down** in the face of an argument.

In general, Circles are **good communicators** who can **listen** and **empathize** well with others. Because of this, they can be very **persuasive**. They prefer **one-to-one communication**. (Many of the helping professions include Circles for this reason.) They are often **generous** to a fault and can be **too accommodating** at times and they can be **exploited** by more ruthless others.

They also blame themselves and **self-denigrate** if things do not go as planned. Circles tend to act more as '**stabilizers**' than leaders in the workplace. They are also good **Mentors** who take pleasure in enabling others.

You can always count on me

How can I help you?

I can never find time for myself

Relationships are more important than anything else

I hope I did not hurt anyone's feelings

Home, sweet home

Let's sit down and talk it over

We're one big happy family around here!

I can't say NO

It's all my fault!

How can I get them to like me?



THE SQUIGGLE

The **SQUIGGLE** is the “weirdo” among us (and proud of it!). True squiggles might call themselves **eccentric**. These individuals tend to be exceptionally **creative, expressive, flamboyant, dramatic, and witty** and, are the **messiest** and **least organized** of all the Shapes.

The Squiggle are usually **flustered, harassed and in a hurry**. They rarely finish a task and **struggle with routine work**. Squiggles tend to be the "idea producers" in society because they fantasize a lot. They can get very **excited and intense** about a project. They can also be quite **volatile, illogical and impractical**.

However, they can be the most **motivating** people to be around. Everything about Squiggles is expressed in the superlative!

I've got a great idea!

I will do it because I feel like it

We need to change things around here!

You're not the boss of me

Paperwork is a waste of time!

Don't say no until you hear me out!

Don't fence me in!

Rules must be broken 😊

Freedom is my discipline

I wish people would be more open to new ideas.

REMEMBER: ALL 5 SHAPES ARE WITHIN US ALL.

Although one Shape may be dominant today, the remaining 4 are readily available within us.

The best communicators learn to “FLEX” to their less dominant Shapes in order to connect with others. For example, if your Circle isn't working in a situation, pull out your Box and see how that works.

POSITIVE THINGS TO SAY TO THE TRIANGLE IN YOU



IT'S SAFE TO BE VULNERABLE

MY FEELINGS ARE AS VALUABLE AS MY ACCOMPLISHMENTS

I TAKE TIME TO RELAX AND GROW

I AM LOVED FOR WHO I AM, AND NOT FOR WHAT I ACHIEVE

I AM WILLING TO SEE OTHERS AS EQUALS

I AM WILLING TO TRUST MORE

I RELEASE MY NEED TO CONTROL THE OUTCOME

I KNOW WHEN TO PUSH AND WHEN TO REST

I VALUE COLLABORATION OVER COMPETITION

I AM OPEN TO ACCEPTING NEW PERSPECTIVES

I TRUST THAT EVERYONE IS DOING THE BEST THEY CAN FROM THE AWARENESS THEY HAVE

POSITIVE THINGS TO SAY TO THE BOX IN YOU



I AM PERFECT JUST THE WAY I AM

I RELEASE MY NEED TO CONTROL THINGS

I TRUST EVERYONE IS DOING THE BEST THEY CAN FROM THEIR AWARENESS

IT'S OKAY TO RELAX AND ENJOY MYSELF

IT'S OKAY TO MAKE MISTAKES AND LEARN FROM THEM

THE PAST IS OVER

I NOW FREE MYSELF FROM DESTRUCTIVE FEARS AND DOUBTS

I ENJOY TODAY AND CHEERFULLY LOOK FORWARD TO TOMORROW

I ASK FOR WHAT I WANT AND NEED

LIFE BRINGS ME ONLY GOOD EXPERIENCES

I DESERVE THE BEST, AND I ACCEPT IT NOW