

## The Shapes Test™ Modules

SESSION	SUMMARY	SPECIFICS
01   <b>Language</b>	What each Shape has to give and what they need from each other.	This session serves as a great initiation into The Shapes Test™. Each personality type is introduced. Suggested phrases are given to help people better express themselves leading to an exercise where people are affirmed for who they are and what they bring to the group.
02   <b>Conflict</b>	What causes conflict within the Shapes and how to resolve it.	This module highlights people's different perspectives and how they can cause misunderstandings and conflict. Time is given for people to express their 'why' and both principles and exercises are provided to help with conflict resolution.
03   <b>Motivation</b>	How to motivate and demotivate each Shape.	How can others bring out the best in us? And how can we bring out the best in them? This module takes a look at the three types of potential we all have within us. It also describes how each Shape is motivated and demotivated differently, and provides an activity to do just that.
04   <b>Change</b>	What each Shape needs to view change in a positive light.	Sometimes change can be difficult. This module helps us understand what each Shape requires in order to respond positively to it. It also contains an exercise that everyone can participate in order to work together to bring positive change.
05   <b>Stress</b>	What causes stress in each shape and how to manage it.	Some things stress some people out more than others. Not only does this module provide information on this but a simple tool is offered those participating that they can use to both analyze the stresses in their lives and what they can do to better manage them.
06   <b>Goals</b>	How to engage each Shape in vision and goal-setting.	A strong vision can create a strong bond. However, unless we can engage each personality type then the benefits of such a vision may be lost. In this module delegates discover how to communicate vision and goals in a way that will appeal to the various every Shapes.
07   <b>Breakthrough</b>	What brings success and how each Shape can add to it.	We all want to see breakthrough in our relationships and in what we build together. However what brings breakthrough might surprise you! In this module we unpack a diagram, discover new ideas and learn how each personality type can help us reach new heights of success.