

The Trainers Kit

Creating Magic with *Psycho-Geometrics*



Micro Lab



Micro Lab

This activity is best used as introduction for the participants. Very often, the group may not know each other. This activity can get the energy flowing and conversations going. This activity works best when the room has additional open space and moveable furniture.

Objective:

- Get participants to know each other
- Create a safe space for sharing
- Get the energy flowing
- Encourage a personal connect



Instructions to Participants:



Micro Lab

Round 2

As the participants walk around, introduce a variation. Ask them to walk slowly, and greet each other non-verbally (make eye contact, nod, smile, pat on the back, high five! But no talking!). The idea is to acknowledge each other.

After around 40 secs to 1 minute, stop the music and ask them to form pairs, with the person standing closest to them (ideally someone they did not work with in the first round)

Ask them share with each other - *"Share two things that make you really happy"*

Give them around two-three minutes to share. When you notice that most of the group has finished sharing, ring a bell and ask them to start walking again. Turn on the music.

Round 3



Micro Lab

Round 4



Round 5

Start the music and ask them to walk again (for the last time in this exercise). As the participants walk around, Introduce another variation. Ask them to walk very fast and purposefully. Tell them "how would you walk if you had an important place to go, which you are passionately looking forward to, and you needed to reach there urgently?"

Stop the music after 45 secs to 1 minute and ask them to form new pairs (someone whom they have not worked with before), with a person standing closest to them

Micro Lab



Thank you and let's have you back in your seats"

Continue with the rest of your session.

Communication Game

Communication Game

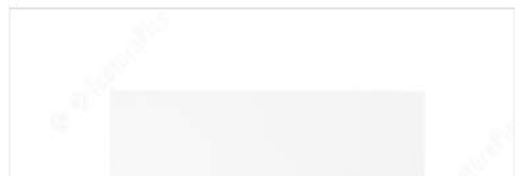
This is an excellent activity that can be used to introduce the concept of Psycho-Geometrics and also create an understanding of the complexities involved in communication.

Purpose:

This activity demonstrates what can go wrong in communication: poor listening, lack of feedback, different contexts/backgrounds and perceptions.

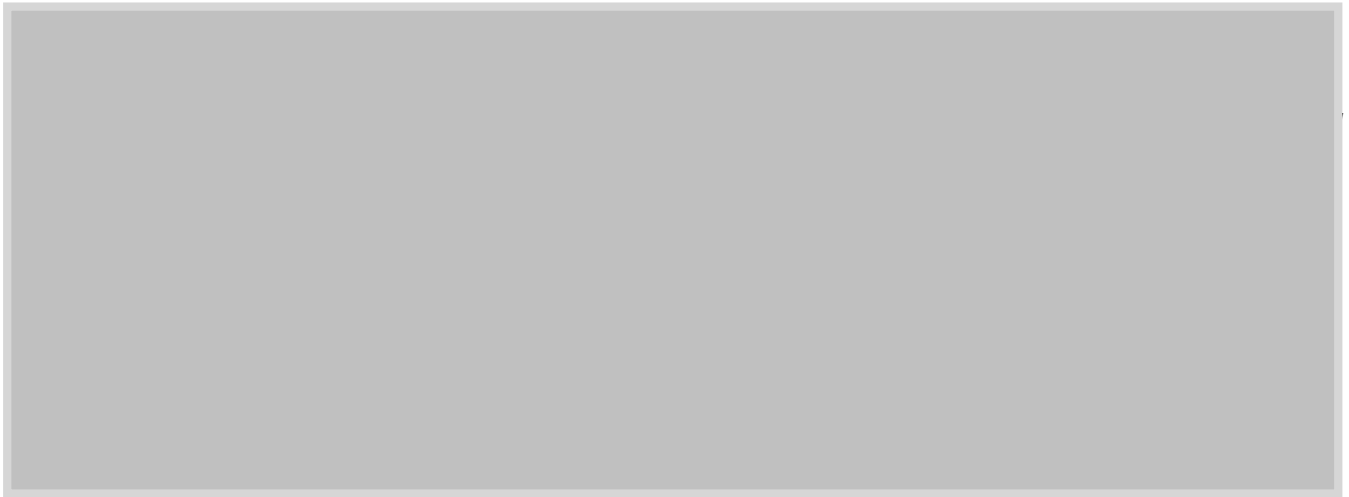
Materials:

One sheet of paper (A4 size) per person.



Communication Game

Explain:



Instructions to be Read by the Volunteer (you can print this on a separate sheet of paper)

(Next Page)

Communication Game

Instructions to be Read by the Volunteer

This exercise requires listening to and following directions. As you hear the instructions, perform the task.



Now open your eyes, look at the product and compare it with the other participants products

Communication Game



Art of communicating is not saying what YOU want to say. Art of communicating is saying things in a way that the other person understands best. It means that we need to understand the mental set up of the other person and then communicate accordingly.

Although this sounds difficult, it is actually very simple. Psycho-Geometrics makes this possible in the powerful way. Are you excited to take this forward?

Continue with the rest of your session.

Find the Coin Game



Find the Coin Game (Source: NLP)

This is an interesting game, which can be used to establish the essence of communication and conversations.

Purpose:

This activity demonstrates how we need to alter our communication depending on the understanding level and need of the other person. Lack for appreciation for different contexts, personalities, needs, experiences and perceptions, can lead to communication breakdown.

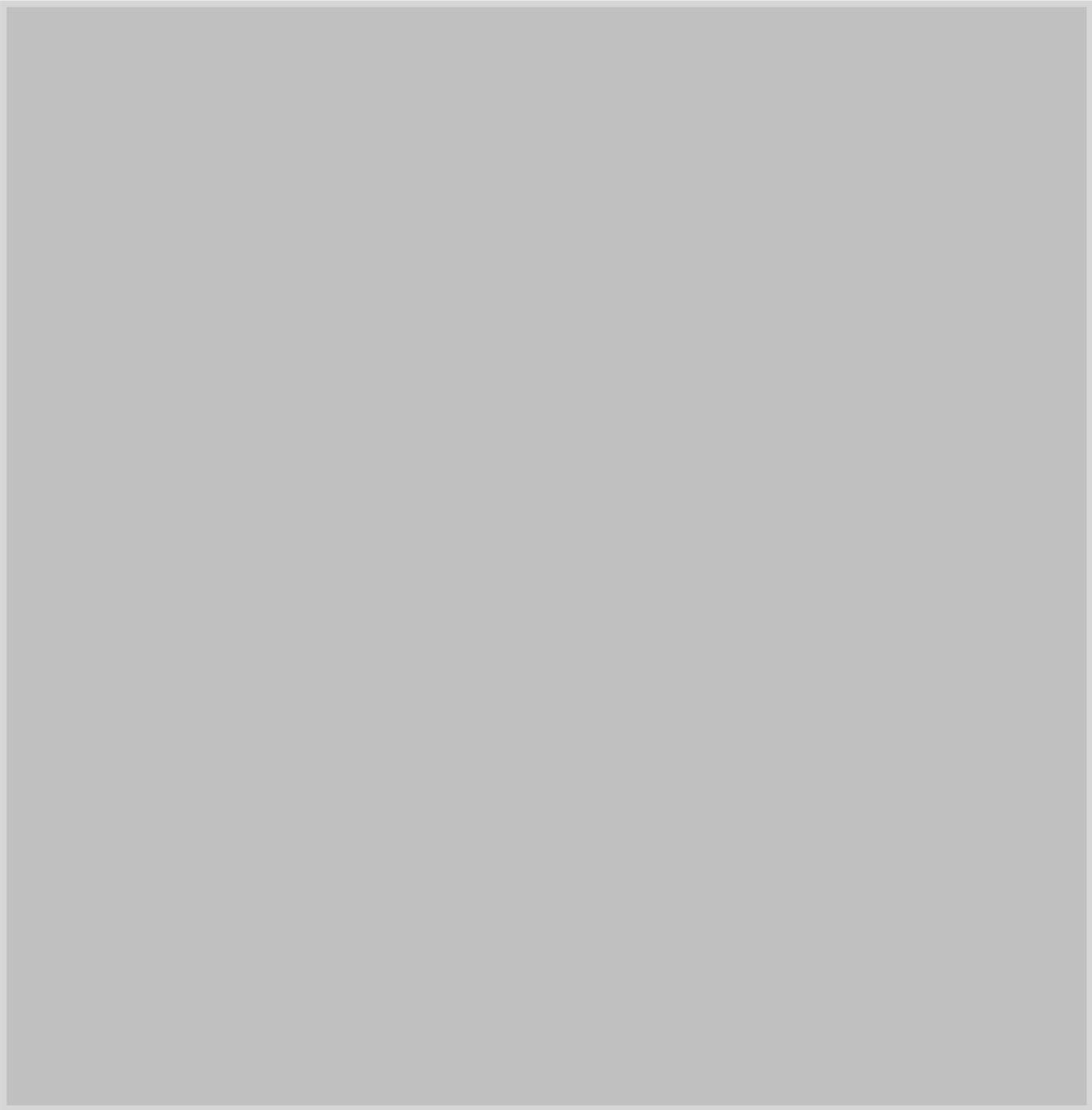
Materials:

Two chairs and one coin



Find the Coin Game (Source: NLP)

Instructions:



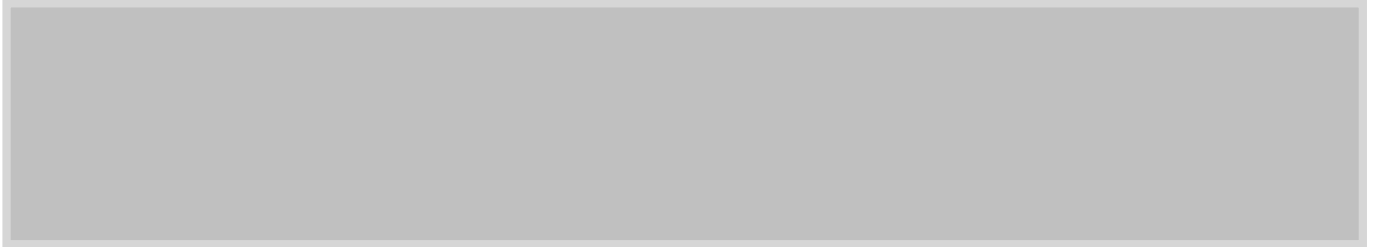
Find the Coin Game (Source: NLP)

Walk around to see if the participants have understood the instruction and are doing the exercise in the way you have directed.

When partner A finishes the task, ask them to swap. Now 'B' will be the leader and 'A' the follower.

After the entire group is finished, debrief the exercise.

Find the Coin Game (Source: NLP)



The objective is to help you

- 1. Understand yourself*
- 2. Understand others*
- 3. Develop a more powerful way of communicating with people.*

There is no such thing as failed communication. You just haven't been creative enough!

Continue with the rest of the session.

Emotional Intelligence & *Psycho-Geometrics* ®

The EQ Quadrant



Emotional Intelligence & Psycho-Geometrics ®

Purpose:

This is a wonderful framework that gives a powerful context to Psycho-Geometrics. This is especially useful in corporate workshops.

Process:

Begin with asking the participants, what they understand by the term Emotional Intelligence.

- What is emotional Intelligence?
- What are the characteristics of Emotionally Intelligent People?
- Get some responses and note on chart paper

Narrative:



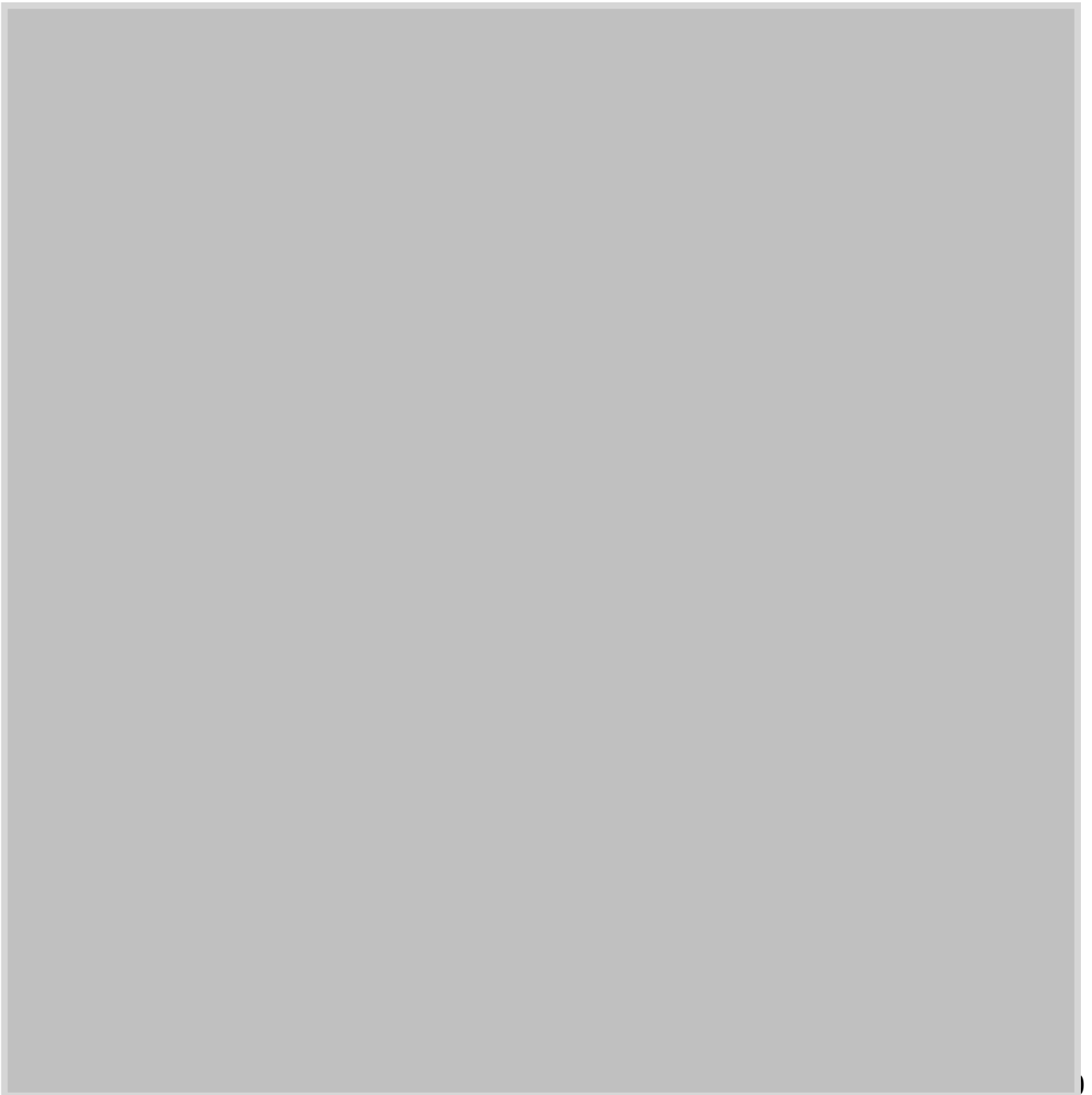
Emotional Intelligence & Psycho-Geometrics ®

There are four dimensions to Emotional Intelligence



Emotional Intelligence & Psycho-Geometrics ®

A person with a high level of self-awareness can maturely handle his/her emotions and exercise restraint /self-control when needed. Instead of repressing feelings or expressing it in inappropriate ways, such a person is able to express them with control and respect for others.



Emotional Intelligence & Psycho-Geometrics ®

Relationship Management is the ability to successfully manage relationships with people , communicate with them effectively, draw boundaries, be direct and honest without alienating people.



ARC Model

ARC Model

Purpose:

This is an extraordinary framework which introduces the foundation of Psycho-Geometrics. It creates a lot of clarity of the process of change, for the participants

“Be the change that you wish to see in the world.”
— Mahatma Gandhi

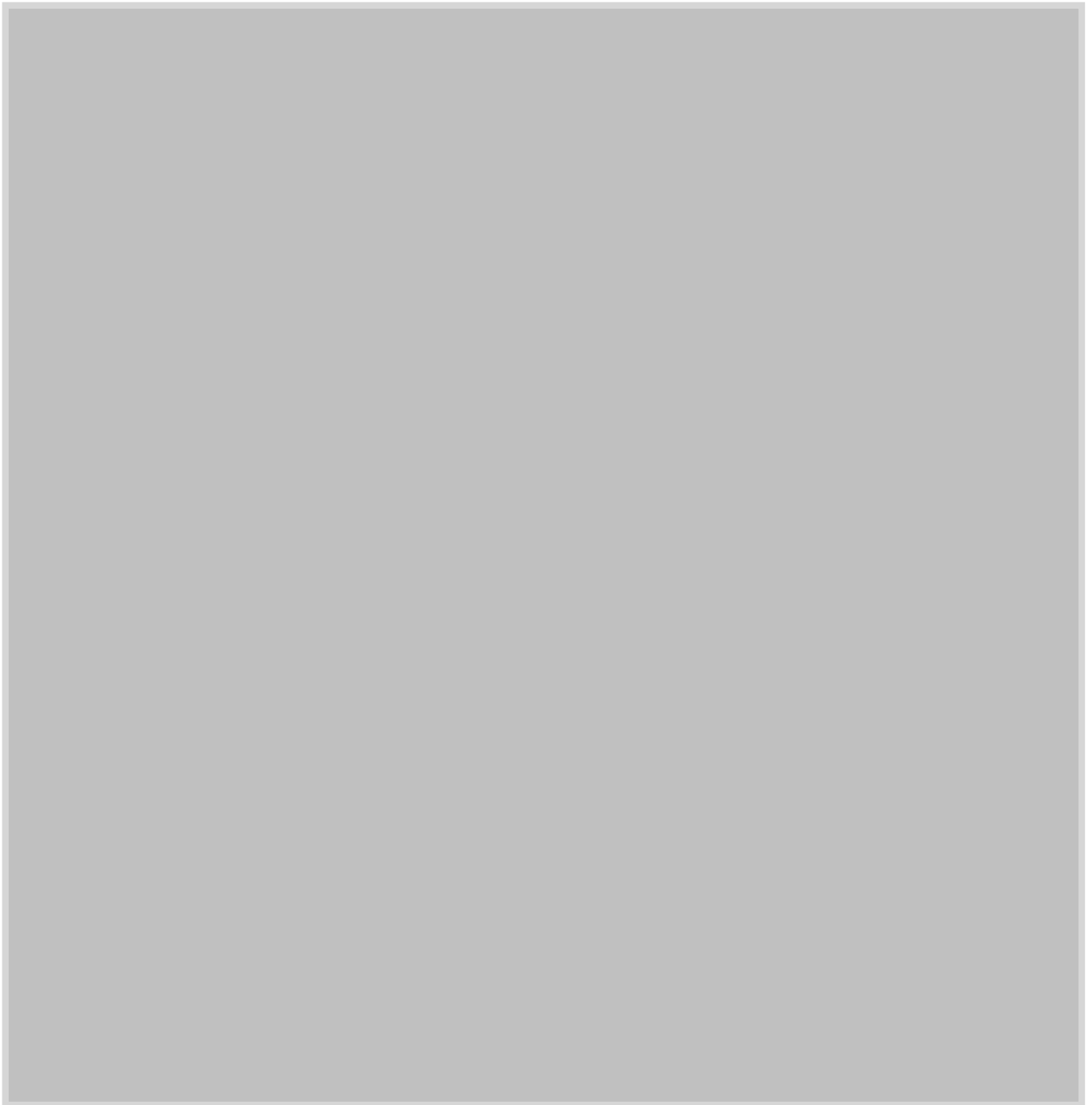
Narrative:



ARC Model

(Use a flip chart to explain the model)

The first step in this model is **A**



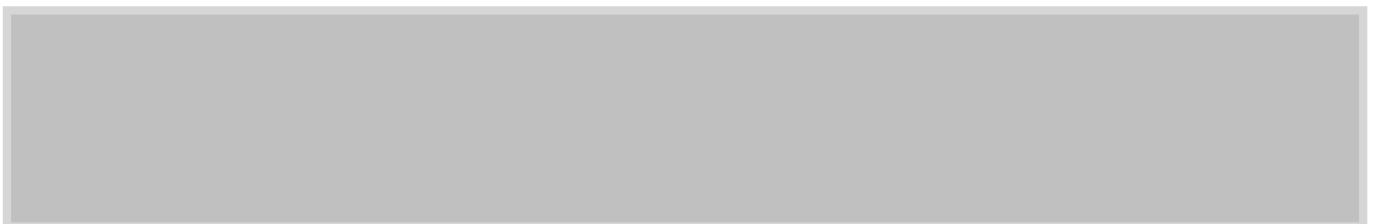
ARC Model



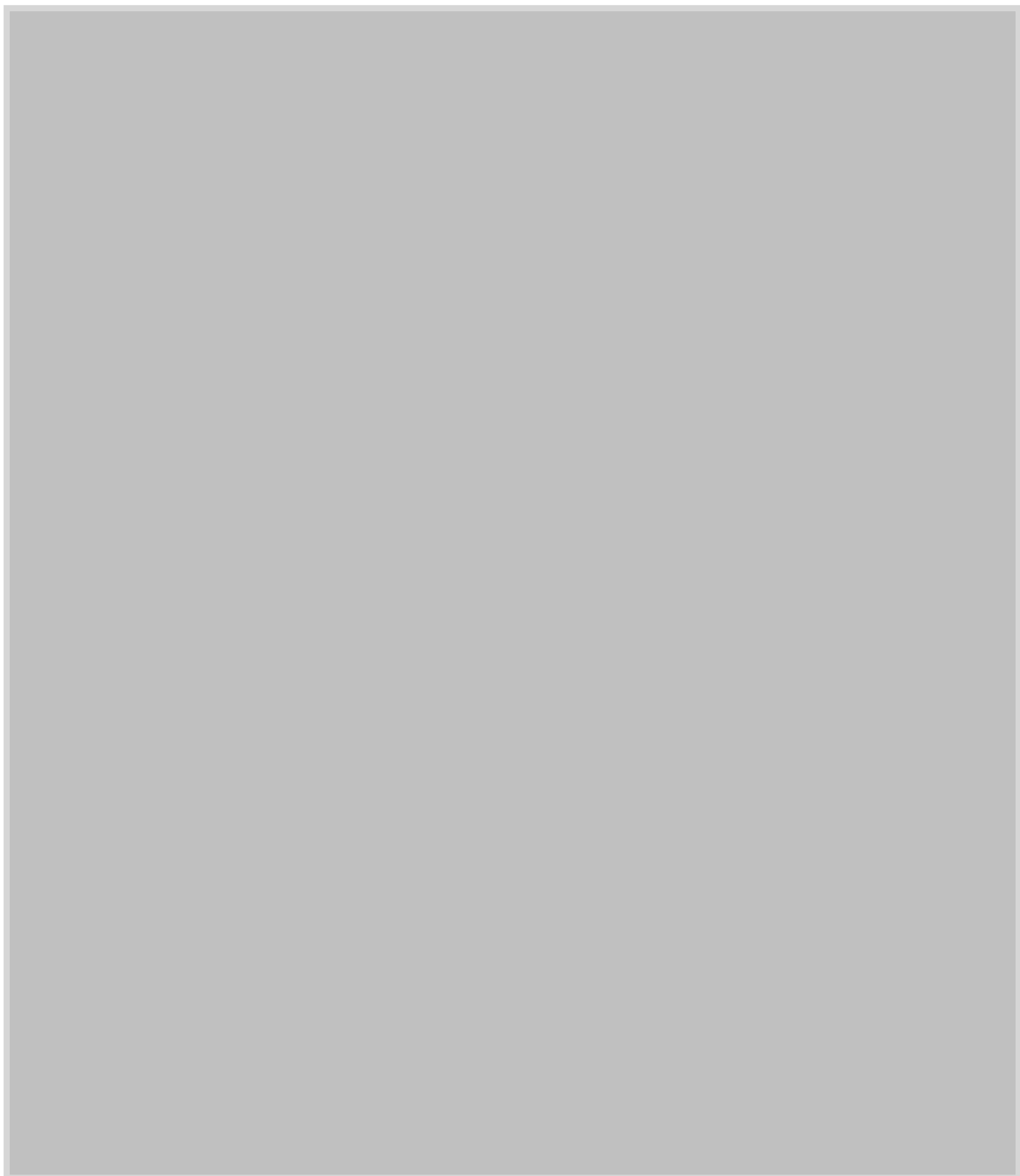
C – stands for Choice

While awareness leads to knowing, reflection leads to understanding whether it is working for you, choice is a space of action. Choice is about asking yourself an important question 'Do I want to continue doing?', 'Is there something that I would like to change?'

Several times there is awareness and reflection, however there may be no movement. Often this is where the process of change gets stuck. It's far easier to continue living in the existing pattern, than challenging the status quo and making a new choice.



ARC Model



5 Chair Exercise



5 Chair Exercise

Purpose:

This is an extremely creative exercise, which is used to check the participant's understanding of Psycho-Geometrics shapes

Process:

For this exercise, divide the participants into groups. Each group can have 4-5 participants.

Instructions:

We are going to be doing a fun exercise now. The objective of this exercise is to test the depth of your understanding of the shapes. This is a competitive exercise and the best group will win!

Here are the instructions. Each group will get 20 minutes for preparation. Each group has to come up with a role play. Each role play will



5 Chair Exercise



Grid Work

Grid Work

Purpose:

To enable the group to go deeper in their understanding of the strengths

Suggested time for this exercise:

You can do this exercise after you have finished talking about the key characteristics of all the five shapes and giving out the reports.

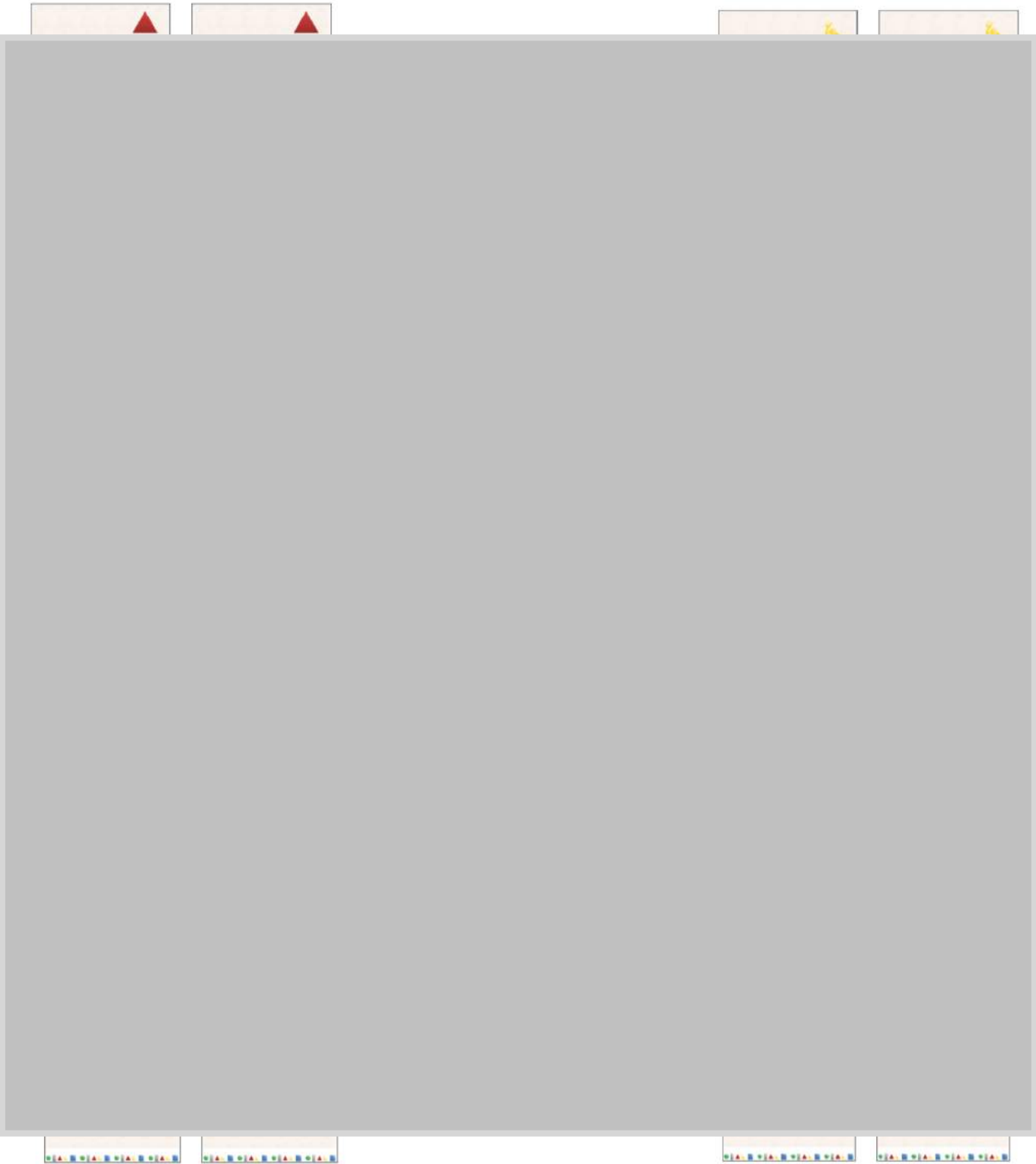
Process:

- Place all the shape word cards on the floor, the words for each shape in one cluster. (refer to the image for reference). This creates the grid formation.
- Get the group to come together, and stand in a circle around the grid on the floor.

Set Up:

Refer next page

Grid Work



← Left

Right →

Grid Work

Explain:



Ask

Ask participants to position themselves at the place in the grid which signifies their dominant shape.

e.g. if there are 4 participants who are dominant boxes, they will all stand together in the box section, so on and so forth.

Now I want you to look at the words that are placed in the quadrant of your shape. These are the strengths of your shape! This is who you are. This is where you are in your life. These will always remain as your strength. Can you relate to your strengths? How do they show up in your life?

Grid Work

(Encourage some group members to share)



e.g. today I commit to take charge of my life because it will help me create the life that expresses my full potential!

Let us begin with the first person..

Grid Work

(Applaud after every response and let the group finish one at a time.)

(Once the group is done)

Remember to take one small step at a time...each action matters. Even a small change can go a long way in creating wonderful possibilities for yourself!

(Allow a round of hugs and continue with the rest of the session)

Amazing Coaching Questions



Amazing Coaching Questions

This document is prepared so that you can start using Psycho-Geometrics to Coach clients.

Step 1:

- Get your client to take the Psycho-Geometrics Inventory

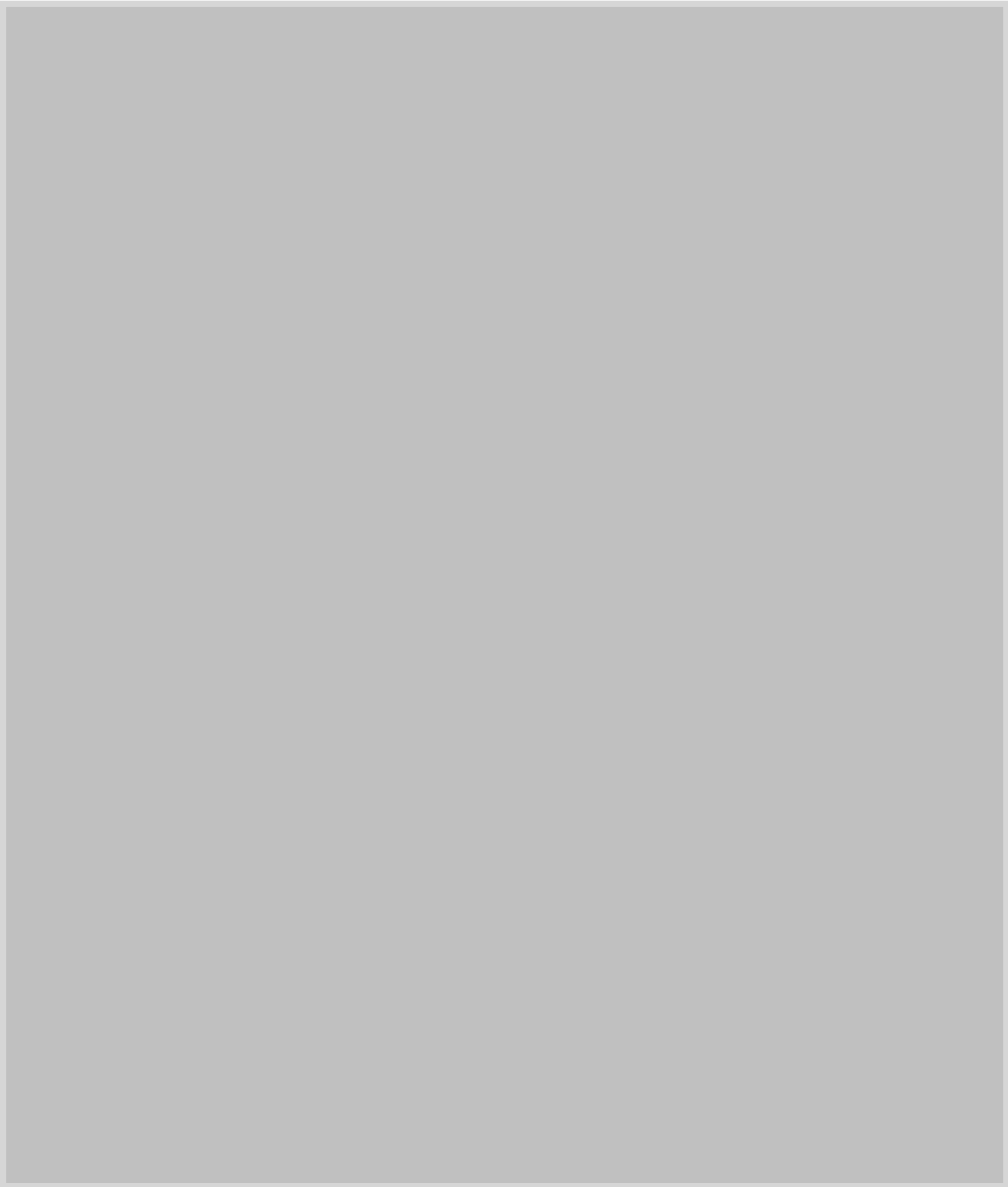
Step 2:

- Debrief your client on the different shapes and also on their profile.

Step 3:

- With this new understanding of shape psychology, you can include some amazing coaching questions in your sessions

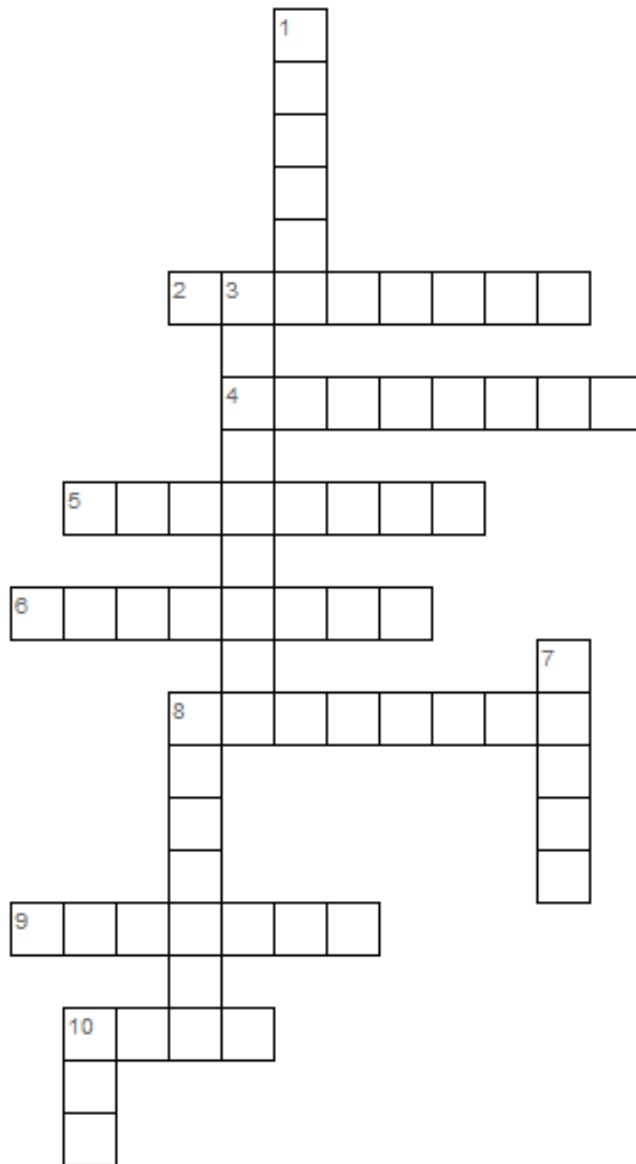
Amazing Coaching Questions



Crossword

Psycho-Geometrics

Crossword



Crossword - Solution

