



Canvas Creek Teambuilding and Coaching

[Shapes Exercise Explanations](#)

Square

The tireless worker. Exhibits hard work, diligence, perseverance, and always strives for completion. Patience and a methodical nature make squares skilled specialists. A Square collects information, and has it neatly organized on his shelves, he is able to quickly retrieve the desired facts and earns a deserved reputation of being a scholar in his field.

The Square refers to left hemisphere thinkers, who are characterized by logical thought and mathematical mindsets. Squares analyze and calculate answers to problems, rather than trusting instinct or inference.

Square's ideal is a planned, regular, life where everything is predictable. They do not like the unexpected or surprises. In the business world, such people often become good administrators and executives but rarely succeed as managers because the constant need for additional information for decision-making deprives them of their speed. In addition, their cold rationality often prevents squares from quickly connecting with other people.

Triangle

This form symbolizes leadership. Main ability of triangles is to focus on goals and deeply and quickly analyze situations. A Triangle is a very confident person who wants to be right in everything. Triangles find it difficult to admit their mistakes, are easy to train, and absorb information like a sponge. Their career gives their life meaning. Negative qualities: excessive self-absorption. Triangles are very good at presenting the importance of their own work to senior management, can sense profitable business decisions from a mile away, and, struggling for success, may "knock heads" with rivals.

Circle

The Circle is a symbol of harmony. Those who choose this shape are



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interested in good interpersonal relations. The highest value for the circle is people and their well-being. This is the most benevolent of the five figures. The Circle is the glue that holds the team or the family together. They stabilize the group and have a high capacity for sympathy and empathy. Circles feel the pain and joy of others as their own. They are right-brain thinkers, not logical but creative and more emotionally charged. The processing of information in such people is not consistent and resembles a mosaic pattern. The main feature of their style of thinking is a focus on the subjective aspects of the problem.

Squiggle

The Squiggle is a symbol of creativity. The Squiggle focuses on imagery. The right-brain thinking squiggle is not fixated on the details, which simplifies the way he views the world, this allows him to construct a holistic and harmonious conceptual view of the world, to see its intrinsic beauty. The Squiggle cannot work in one place for a long time – this is after all, boring and there are so many other interesting things to see and experience! The main purpose of the squiggle is the generation of new ideas and methods, and not their actual realization. The Squiggle looks to the future and is more interested in possibilities than in reality.

Karen is an award-winning speaker, and a team and leadership coach with over 25-years of experience, and a recipient of the Governor's Award for Volunteerism. The author of What's Next and Quiet Leadership, she is skilled at helping both teams and individuals move forward, working both creatively, and strategically. Karen designed the team building process used for Canvas Creek and presented it in a TEDx Talk.

