

Welcome



Grab this opportunity
Honours Students Cohort 6
Hogeschool Inholland
9th of October 2020
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Program today

- Philosophy of Honours
- Exercise Insights card game
- The work of Carl Gustav Jung
- Practicing Jungian functions
 - Exercise The flight of the Geese
 - Exercise Explain teamwork Ardennes
- The MBTI results of Cohort 6
 - Integration of MBTI in the Insights circle
 - Understanding your MBTI score
- Exercise Archetypes
- Wrap up



4 pillars of Honours; Remember

- Excellence
- Community
- Personal development
- Innovation



Honours – opportunities

- Life long network
- International
- Multidisciplinary
- Multicultural



Learning

- Playful way
- Reality based
- Stretched (out of comfort zone)
- Social (compassionate)
- Risk taking
- Balanced
- Being authentic
- Challenging yourself, other students, coaches and lecturers



Challenging

- Creativity
- Self leadership
- Being proactive
- Being innovative
- Taking initiative
- Having courage
- Going for it
- Being brave
- Let see your potential
- Not only now but also to help each other in the future



Goals for today

- Grab opportunities
 - Responsibility
 - Attitude with respect to the study
 - Coming out of your comfort zone;
challenging your courage
- Using Jung for building your communities
 - Be vulnerable
 - Challenging each other
 - Openness



Goals for today continued

- Show your creativity
 - This is the time of your life you are allowed to make ‘mistakes’ → You may learn from them.
 - Share ideas
 - Feel free in your mind
- Show discipline
 - Always be on time
 - Result oriented
- Show action and reflection



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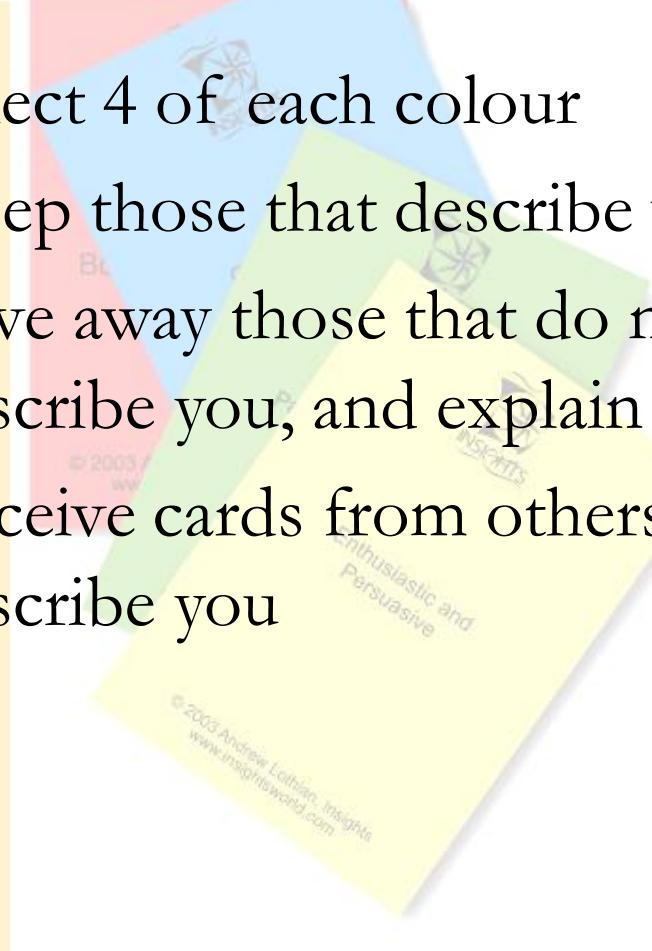
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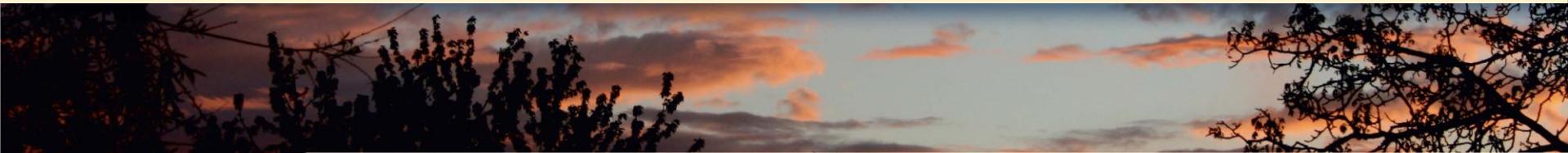
Exercise Insights Card game

- Select 4 of each colour
- Keep those that describe you well
- Give away those that do not describe you, and explain why
- Receive cards from others that do describe you





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- Self awareness

“Every advance, every achievement of mankind,
has been connected with an advance
in self awareness.”

C. G. Jung, Psychological Reflections



- **Iceberg Model**

Environment

Behaviour

Believes & Values

Intuitive Self





- Perceptions and Judgment

Every judgment made by an individual is conditioned by his personality type and every point of view is necessarily relative.”

C. G. Jung, ‘Memories, Dreams, and Reflections’



- ...But Often That Someone is us!
- “We understand another person in the same way as we understand, or seek to understand, ourselves.

What we do not understand in ourselves, we do not understand in the other person either.”

C. G. Jung



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Psychological Preferences – An Introduction

- Jung talked about three pairs of preferences:
 - **Introversion and Extraversion**
 - the way we react to outer and inner experiences
 - **Thinking and Feeling**
 - how we make decisions
 - **Sensation and Intuition**
 - how we take-in and process information
- The predominance of one or other points of view depends less upon the objective behavior of things than upon the psychological attitude of the investigator and thinker.”
C. G. Jung ‘Nature of the Psyche’



Attitude: Expressing our Energies

INTROVERSION

Quiet
Observant
Thoughtful
Intimate
Reserved
Cautious
Reflective
Depth
Inward Focus

EXTRAVERSION

Talkative
Involved
Gregarious
Flamboyant
Outspoken
Bold
Action
Breadth
Outward Focus



You Tube clip Extravert Introvert

- <https://www.youtube.com/watch?v=JtPcsFkrbSU>



Thinking and Feeling: Jung's Rational Functions

THINKING

Focus on the task

Formal
Detached
Competitive

Impersonal
Objective
Correct

Informal
Considerate
Caring

Personal
Involved
Accommodating

**Focus on the Relationship
Feeling**



Sensation and Intuition: Jung's Irrational Functions

SENSATION

Specific

Practical

Precise

Factual

Security

Persistent

Focus on the
realism and here
and now

INTUITION

Global

Concepts

Inspiration

Abstract

General

Indirect

Focus on the
imagination and
future potential



Carl Gustav Jung 1875-1961

Psychological Types



**Psychological Types
2 Attitudes x 4 Functions**

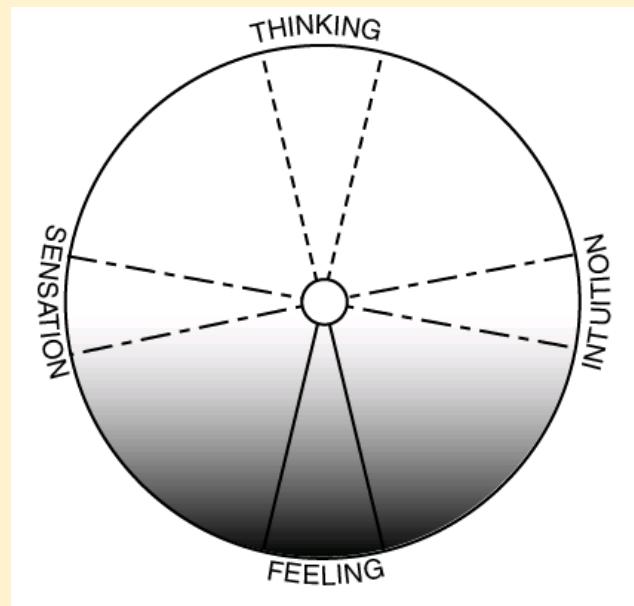
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8 Attitudinal Functions



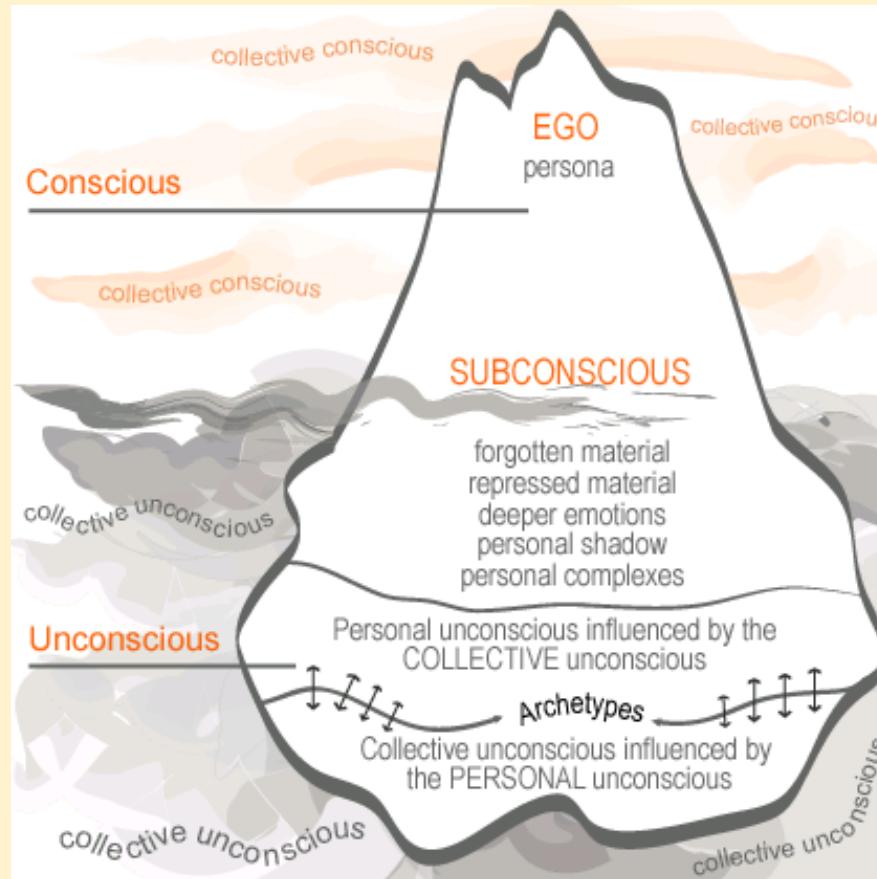
The Psychology of Self Understanding

- Jacobi's original hand drawing of Jung's model of the psyche from 1942.
- This wheel maps Jung's preferences as polarities across the wheel - Thinking versus Feeling and Sensation versus Intuition.





Jungian Psychology Exercise Subconsciousness



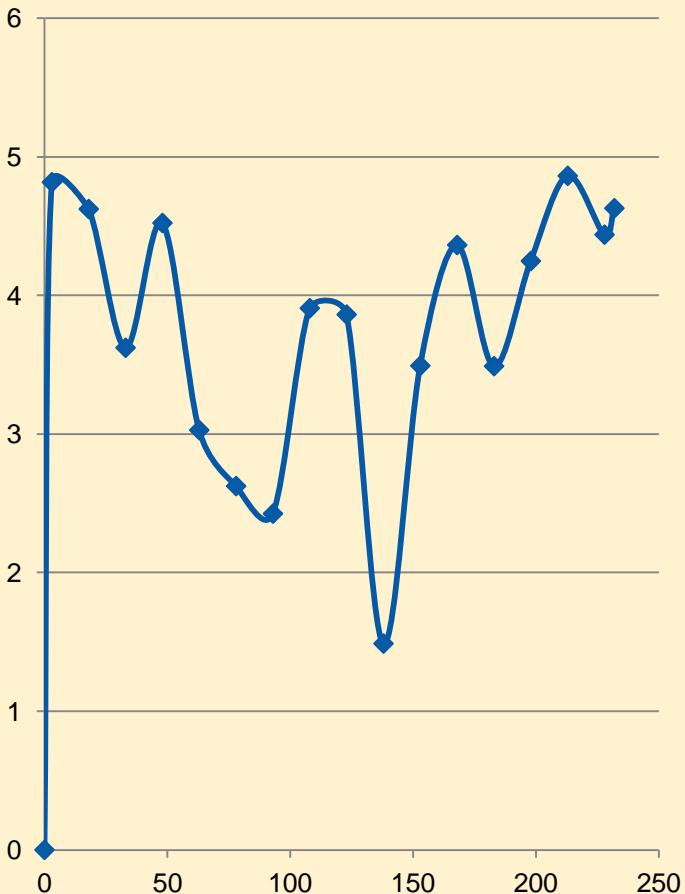
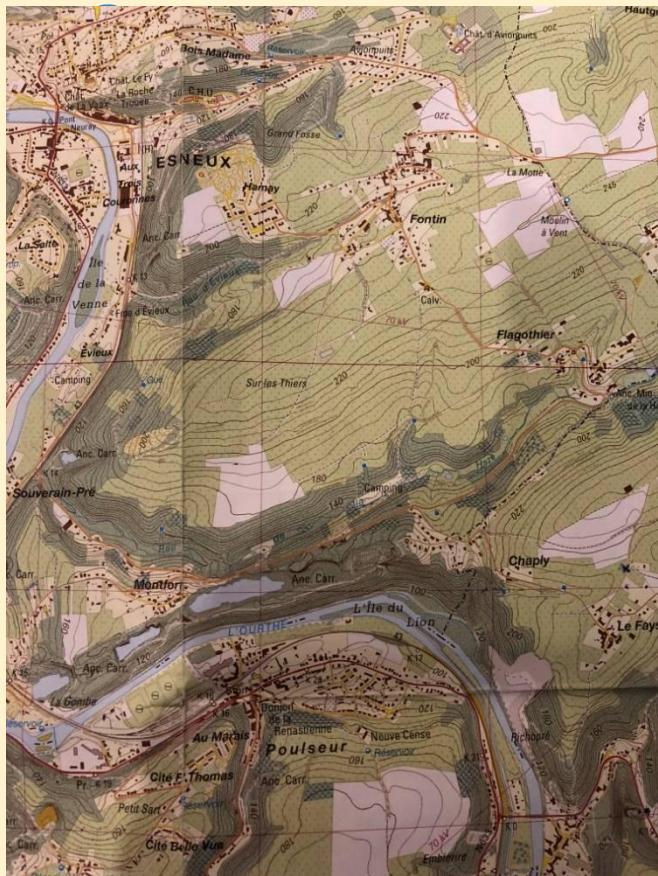


Geese In Flight ; What thoughts come into your mind



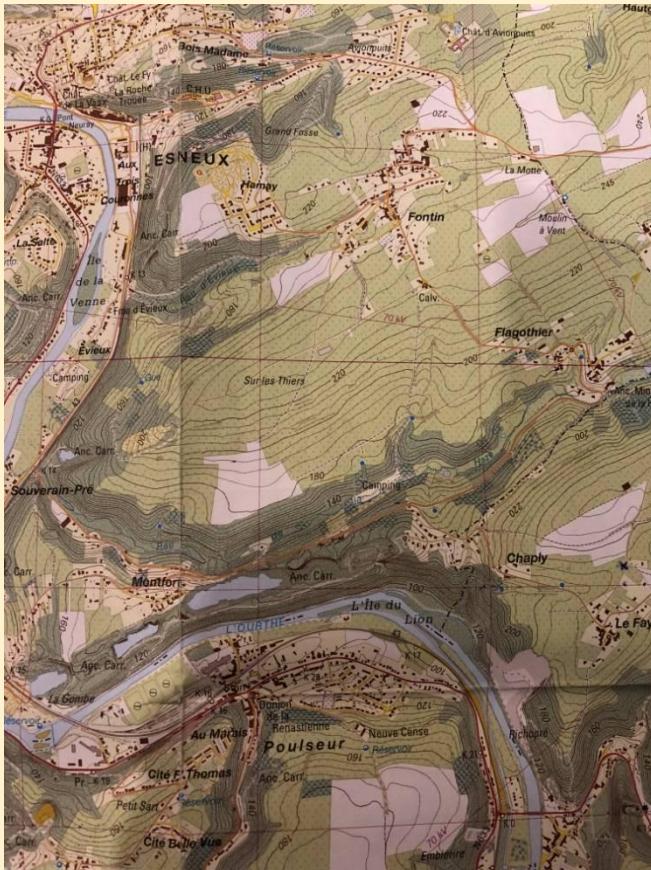


Team Exercise Stretcher race





- Content

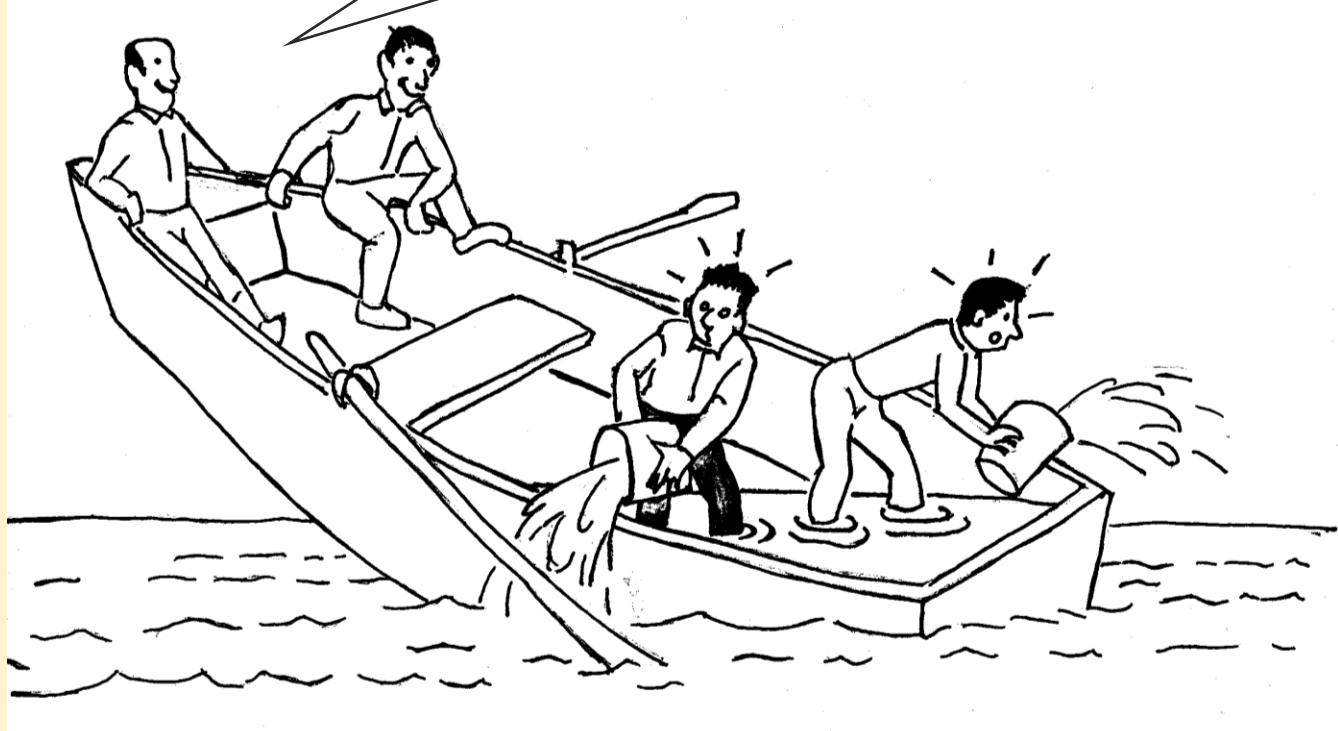




When It Comes To Teams

We're All In The Same Boat

Sure glad the hole isn't at our end.





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MBTI Numbers of Honours Cohort 6

Honors: Leadership and Innovation - cohort 6 - semester 2 Overview MBTI Results

Student name	E	I	S	N	T	F	J	P	MBTI	MBTI	MBTI	MBTI
									SCORE	SCORE	SCORE	SCORE
Alkmaar												
Kim Dekker	5	11	2	14	11	7	2	15	INTP			
Timothy Steenhoven	8	7	12	4	13	3	15	3	ESTJ	ISTJ		
Tim Limmen	9	6	10	8	20	2	3	12	ESTP	ENTP		
Saskia v.d. Velden	6	10	19	2	22	1	17	0	ISTJ			
Tino Klaver	4	12	12	4	20	1	8	9	ISTP	ISTJ		
Haarlem												
Jasper Stedema	12	6	17	3	9	11	12	9	ESFJ	ESTJ		
Nadia Klimenko	1	14	9	10	7	9	3	14	INFP	ISFP	INTP	ISTP
Delft												
Emanuel Bakare	14	3	5	9	4	9	10	7	ENFJ			



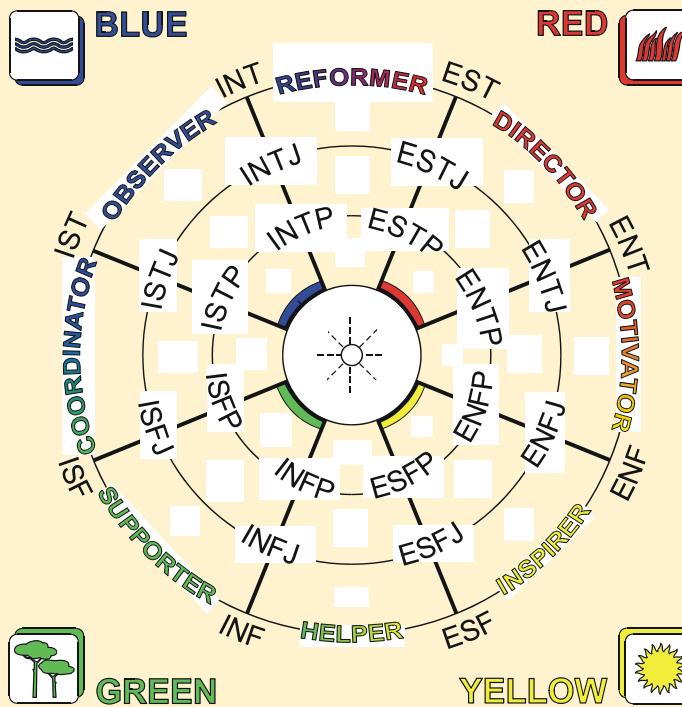
Insights versus MTBI

- Insights purely defined on Jung's theory
- MBTI (Myers Briggs Type Indicator)
 - Based mainly on the work of Jung
 - Introduction of Judgment and Percieving as a fourth couple of preference behavior.
 - In Jung's original work Judgment and Perceiving is integrated in Jungian Functions



Insights MBTI System Relationships

Insights System Relationships





Archetypes

- Archetypes represent personal characteristics, ways of behaving, images or symbols that are universally recognisable ...
- Although a common understanding exists, we all have a personal relationship with each archetype, which is influenced by many factors from our life experience.



Exercise archetypes

- Everyone got his/her archetype name and the corresponding description
- Read the archetype name and description very thoroughly
- Try to find the relation of the archetype with your personal life and write a short story about it
- Tell your story in the subgroup of 4 colleague students and ask them for their feed back of your findings



Personal Archetypes

- | | |
|-----------|----------------|
| • Kim | Seeker |
| • Timothy | Conqueror |
| • Tim | Engineer |
| • Saskia | Sage |
| • Tino | Architect |
| • Jasper | Court Jester |
| • Nadia | Philanthropist |
| • Emanuel | Storyteller |

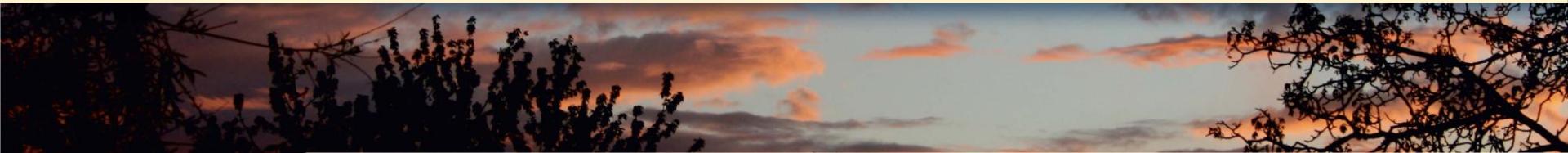


Personal Archetypes Description

- Kim Seeks the truth in all possible places
- Timothy Aims to perform continuously, building on previous successes
- Tim Breaks down a concept into sub-aspects and then looks for practical solutions
- Saskia Draws on traditions and past experiences to set the right course
- Tino Determines a logical approach and then draws up a plan
- Jasper Is not afraid to invite people to openness with humor, registers and processes the reactions of others
- Nadia From the deep inner desire to improve the world, she searches for situations in which it may be of value
- Emanuel Captivates and fascinates with wonderful stories



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Jung Resources



Books

- Jacobi, Jolande (1962, 1968, 1973), The Psychology of CG Jung. English Edition. New Haven & London, Yale University Press.
- Stevens, Anthony. JUNG, A Very Short Introduction
- Jung , Carl G. Memories, Dreams, and Reflections. Paperback
- Jung, Carl J. Man and His Symbols. Mass Market, Paperback
- Jung, Carl J. Memories. Aniela Jaffe, Paperback
- Jung, Carl J. Modern Man in Search of a Soul, Paperback

Video

- The World within (1990). World Within, Carl Gustav Jung; VHS
- Artist of the Soul: Jung (1997). Carl Gustav Jung; VHS
- Jung on Film (1990). Carl Gustav Jung; VHS

Popular Music

- The Gift – Jung; Audio CD
- Halt Mich Fest (IMPORT) – Claudia Jung; Audio CD
- Musical – Jung at Heart; Audio CD