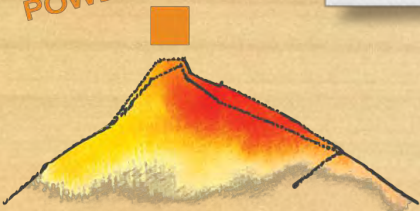
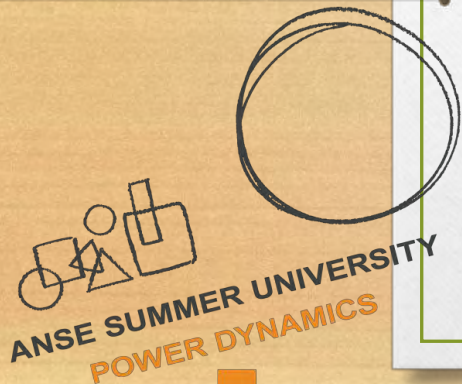


Sense and Sensibility by Values and Needs

What is valuable to myself and in my work

ANSE Summer University – Power Dynamics

23-08-2022



RIGA - LATVIA - 2022



VISIE OP PERSOONLIJKE ONTWIKKELING

What am I doing in my work and why, here-and-now?

This workshop is about Values and Needs

What does values mean to you:

- in person
- in work
- in your societal context

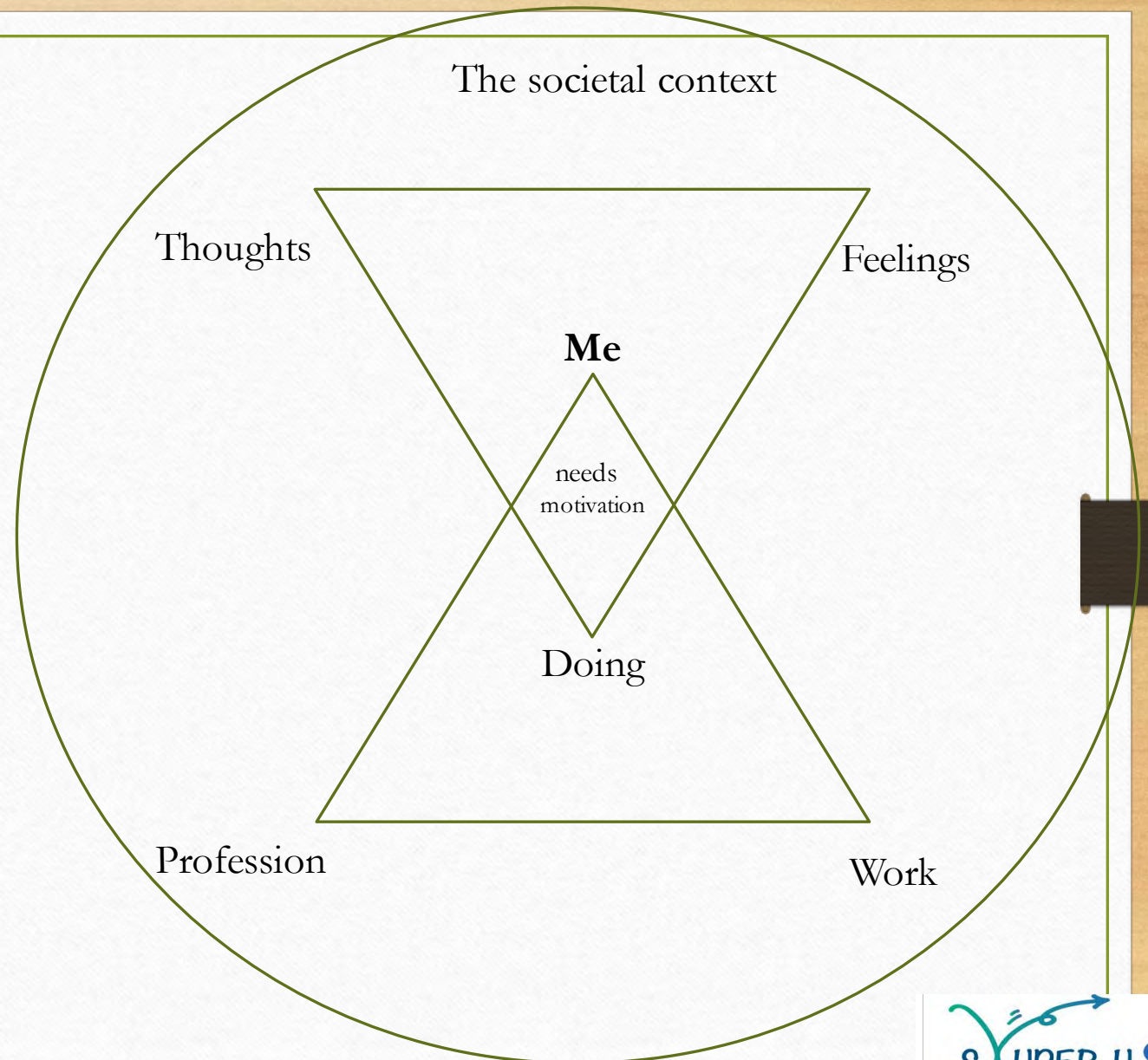
Everyone is unique!

Depending on you personal:

- What you find important
- What you're good at
- How you grew up

Depending on you in de context of:

- A profession: what you learned
- Your working place: your experiences



Program

11:30 / 14:30 Introduction

11:40 / 14:40 Work form Word web – explore your value

11:45 / 14:45 Work form in duo - give your value meaning in a personal way while walking

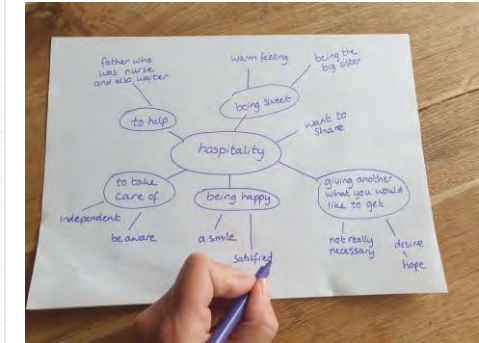
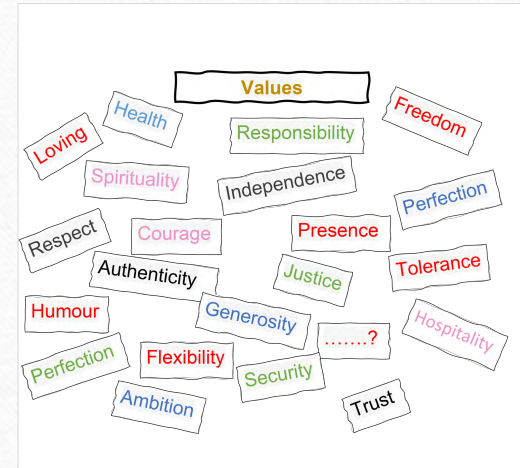
12:10 / 15:10 Work form in another duo - A new narrative

12:30 / 15:30 Central dialogue – Who are you in one sentence

12:35 / 15:35 Dialogue about Sense and sensibility – another narrative

How does your colleague or client see you as a profession
And who are you in your societal context?

12:55 / 15:55 Closing



Life
isn't about waiting
for the storm to pass,
It's about learning to
Dance in the Rain...

What am I doing and why?

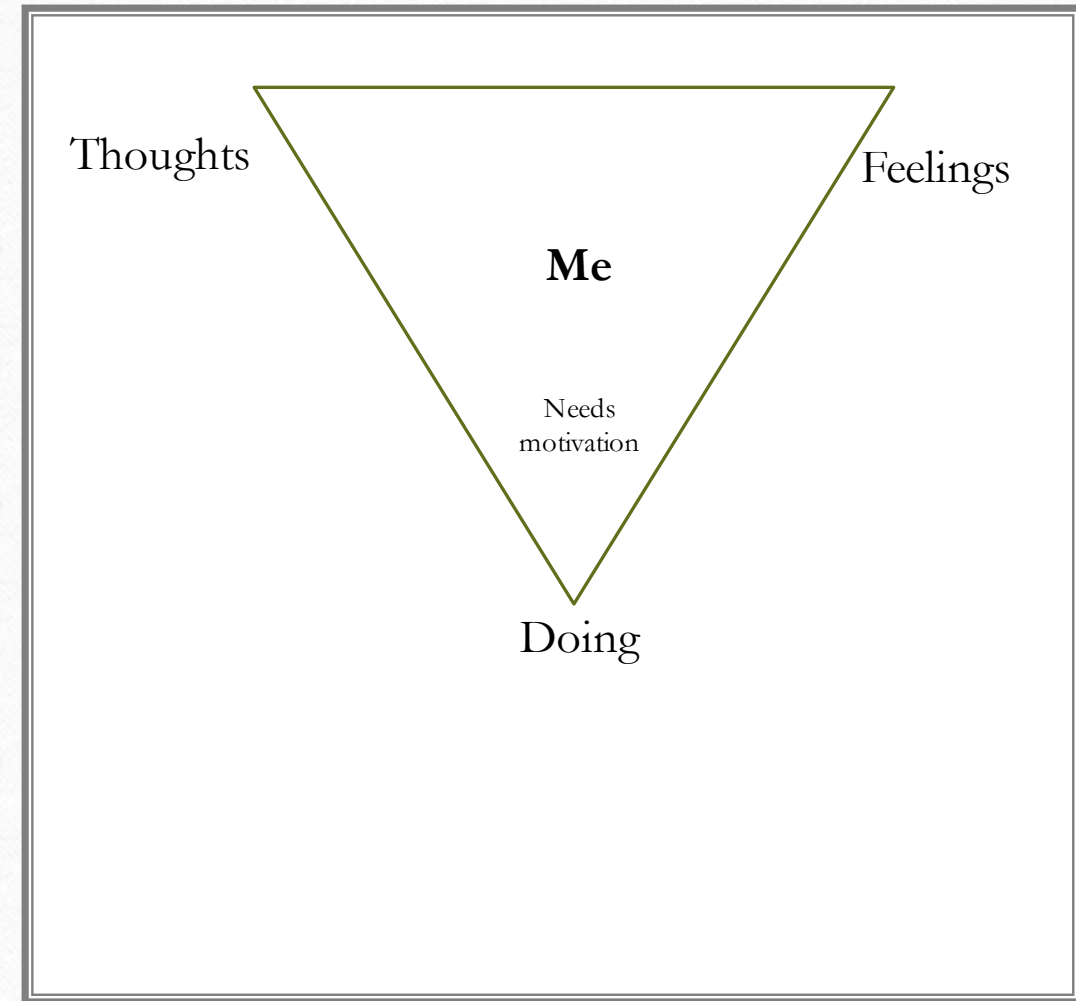
Everyone is unique with his/her own:

- Values and Qualities (motives)
- Thoughts and Feelings
- That drives you to do something (motivation)

Investigate what your motives are (your values and your thoughts and feelings about that)

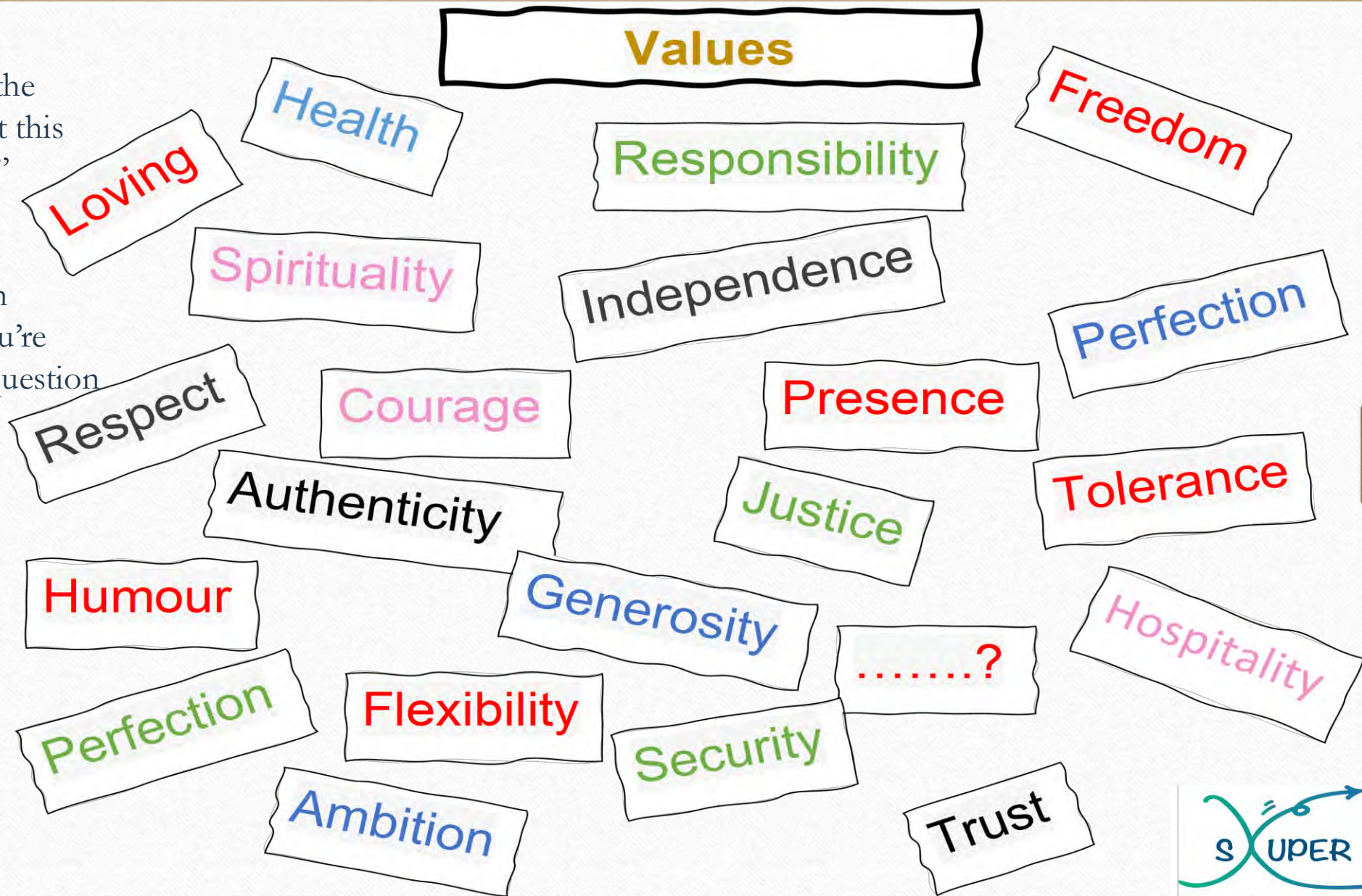
“Why are you doing the work that you do at this moment?”

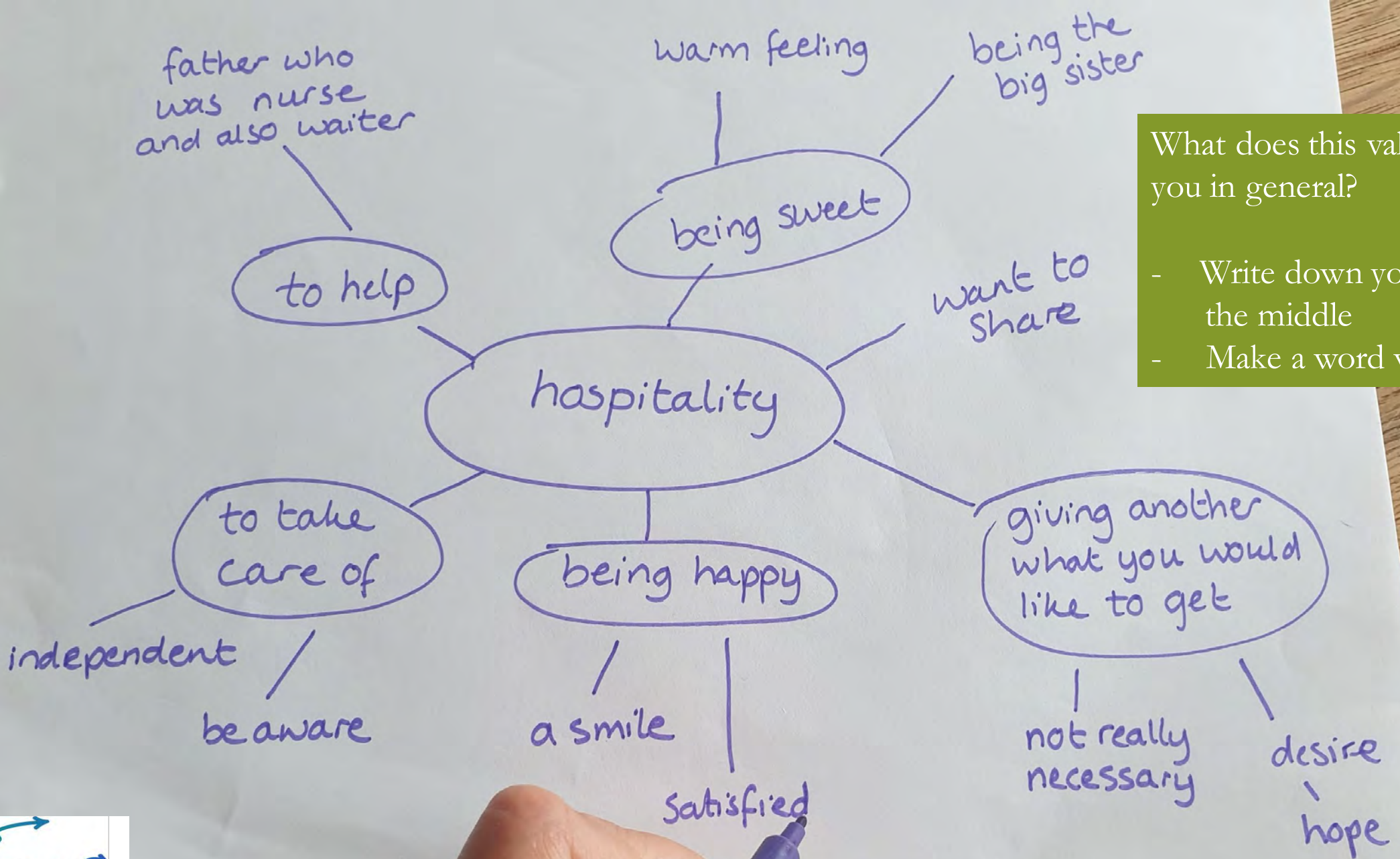
Choose a value which touches you while you're asking yourself this question



“Why are you doing the work you are doing at this moment in your life?”

Choose a value which touches you while you're asking yourself this question





What does this value mean to you in general?

- Write down your value in the middle
- Make a word web...

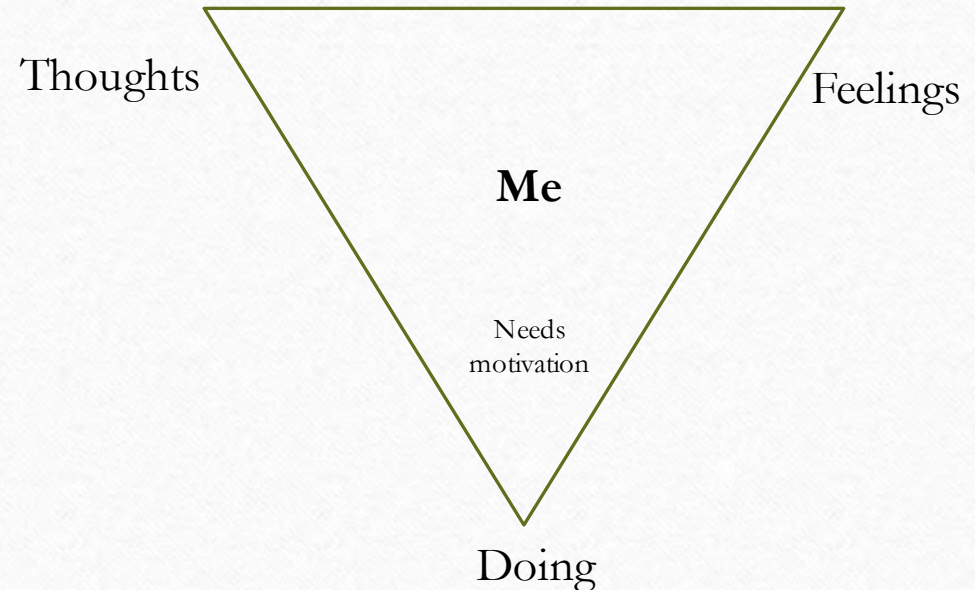
What am I doing and why?

Everyone is Unique by his/her life course development:

How did this value formed you?

Go for a walk with a colleague for about 20 minutes.

- *tell about your word web and what your chosen value means to you*
- *Meanwhile think about a situation in your life course development which refers to your explanation (you can keep it small and simple if you like)*
- *Take 10 minutes per person*
- *After telling your colleague about your story, take a view minutes for yourself to reflect and look around*
- *Take a picture of something that symbolizes your story*



What am I doing and why?

Your unique story... by an image

How did this value formed you?

Choose another colleague to share your image with

- *tell about your image and what it means to you*
- *Meanwhile reflect on your story. Maybe you see a pattern, a theme, or something else*
- *Take about 10 minutes per person*
- *After telling your colleague about your image, take a view minutes for yourself to reflect and look around*
- *Remind yourself to a quote, a sentence, a song or something else that symbolizes your story*



Thoughts

Feelings

Me

Needs
motivation

Doing

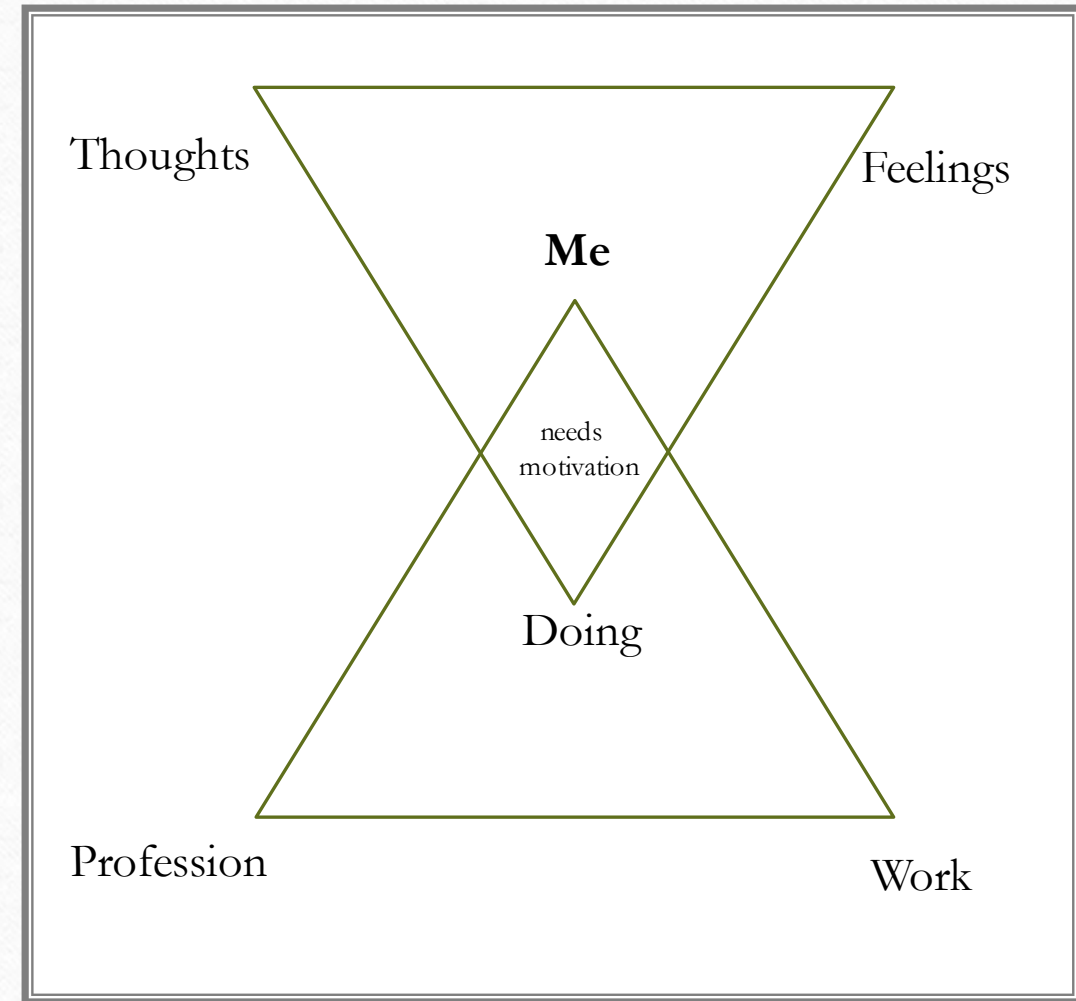
What am I doing and why?

Everyone is unique with his/her own:

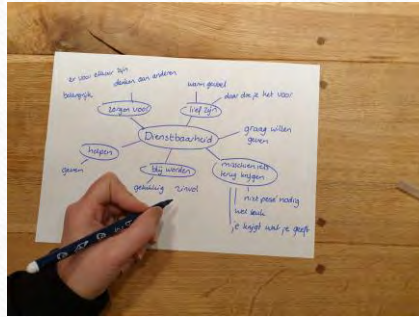
- Values and Qualities (needs)
 - Thoughts and Feelings about that
 - That drives you to do something (motivation)
-

Everyone is unique with his/her own:

- Profession
- Work

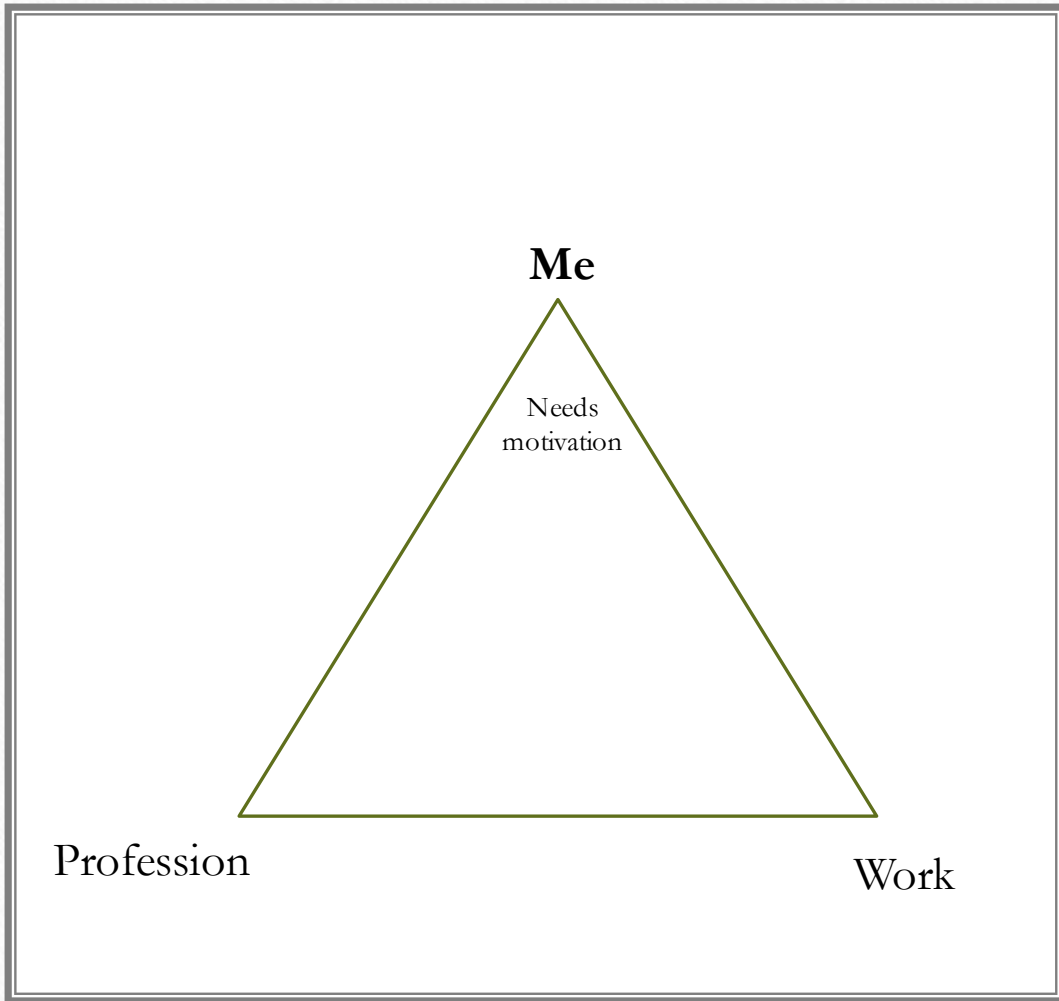


What am I doing in work and why?



Everyone is unique with his/her own:

- **Profession**
(methods, protocols, rules, law etc.)
- **Work**
(job description, organization culture, expectations, roles, etiquette etc.)



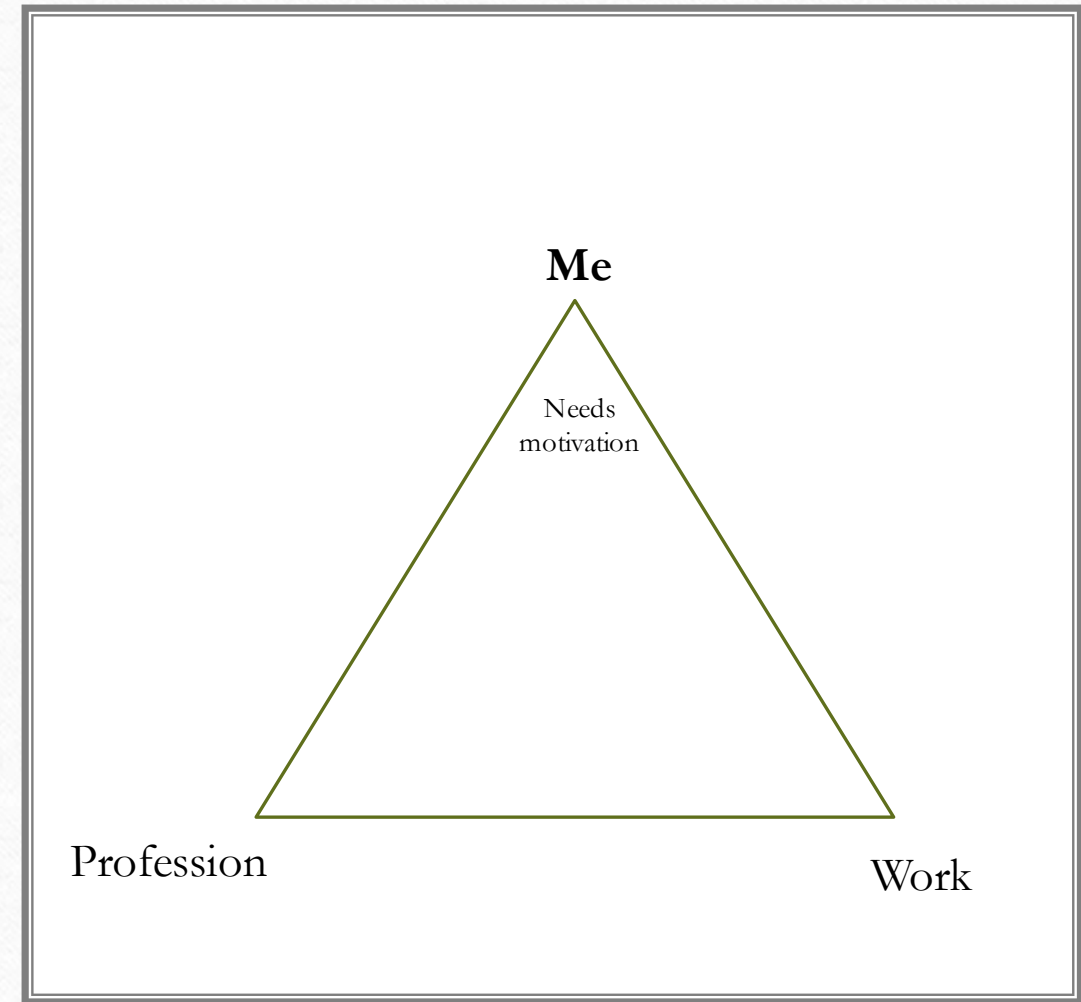
What am I doing in work and why?

Everyone is unique with his/her own:

- **Profession**
(methods, protocols, rules, law etc.)
 - **Work**
(job description, organization culture, expectations, roles, etiquette etc.)
-

If you refer to the question now - *Why are you doing the work that you do at this moment?* - Taking into account your narrative story

- Then what do you recognize in work in order to your value
- What do other people (clients, colleague's) say about you



What am I doing in my work and why, here-and-now?

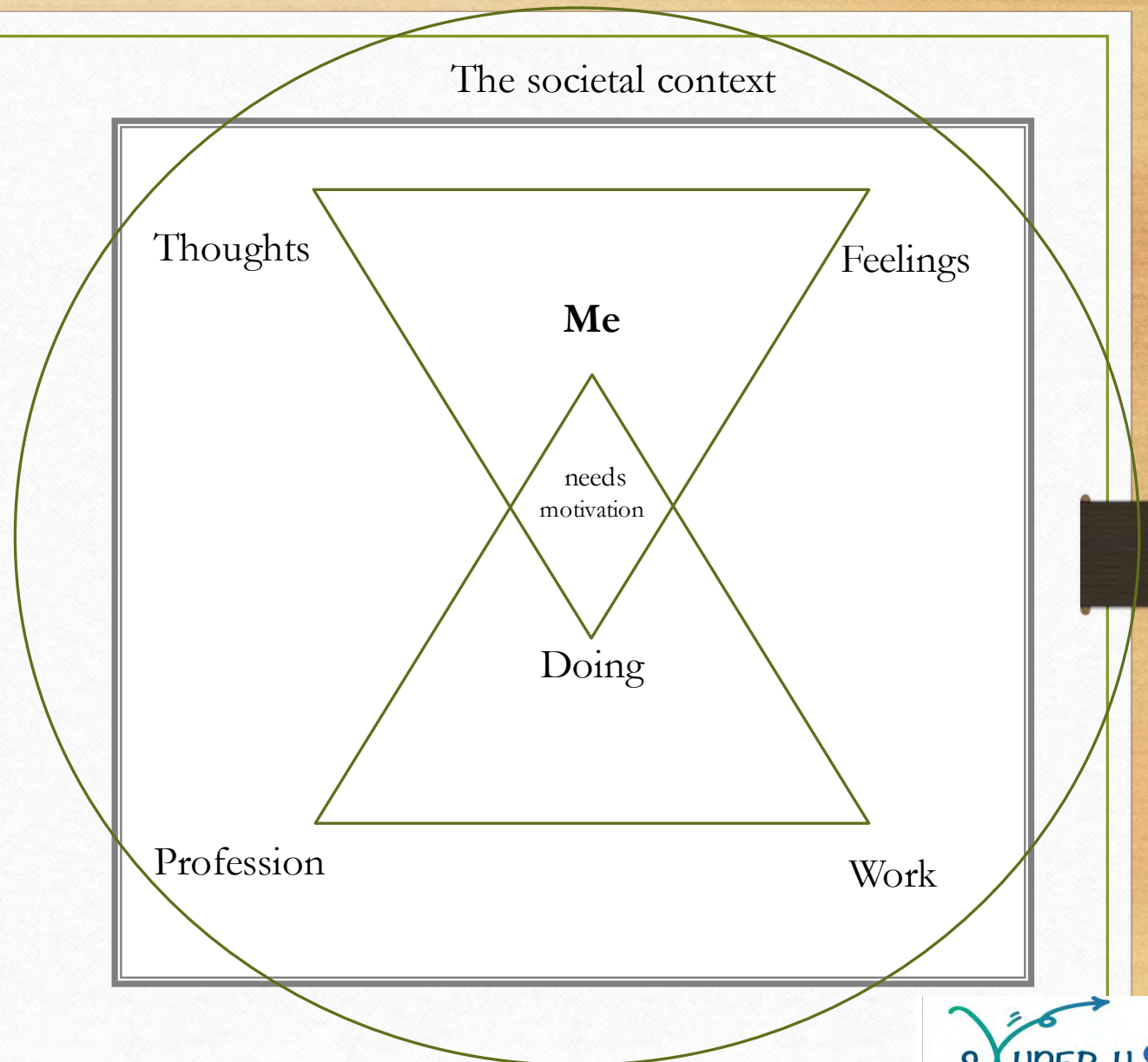
Everyone is unique with his/her own:

- Values and Qualities (motives)
- Thoughts and Feelings about that
- That drives you to do something (motivation)

Everyone is unique with his/her own:

- Profession
- Work

How relates what you do as a profession in work to your societal context?





Would you like to get a personal memory of this workshop?
To remind you of your own sensemaking by exploring your value and creating your own narratives, please send me your picture and quote/sentence/song title, if you like (by email or WhatsApp)

Sietske Jans-Kuperus

s.jans@super-u.nl

+31 6 40010054

You will receive a personal message in the beginning of September
Love to hear from you

Thank you for your attention
Have a great time, share your motives
And have dialogues about your values and needs

Sietske Jans-Kuperus

s.jans@super-u.nl

www.Super-u.nl

+31 6 40010054

