

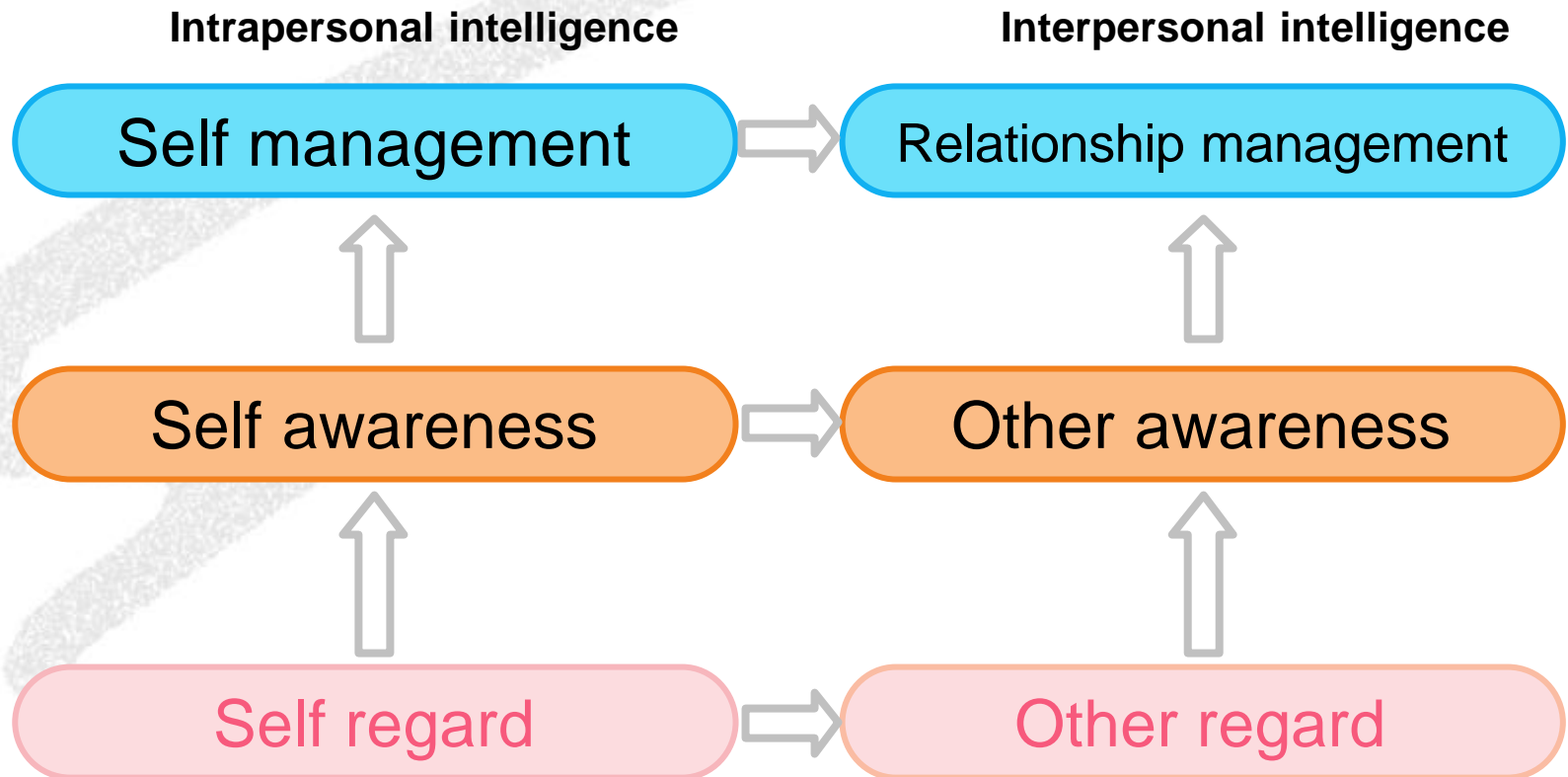
Linking Emotional intelligence with Jungian Type

Jo Maddocks, JCA.

A people development business enabling
clients to get the best out of people in a
sustainable way



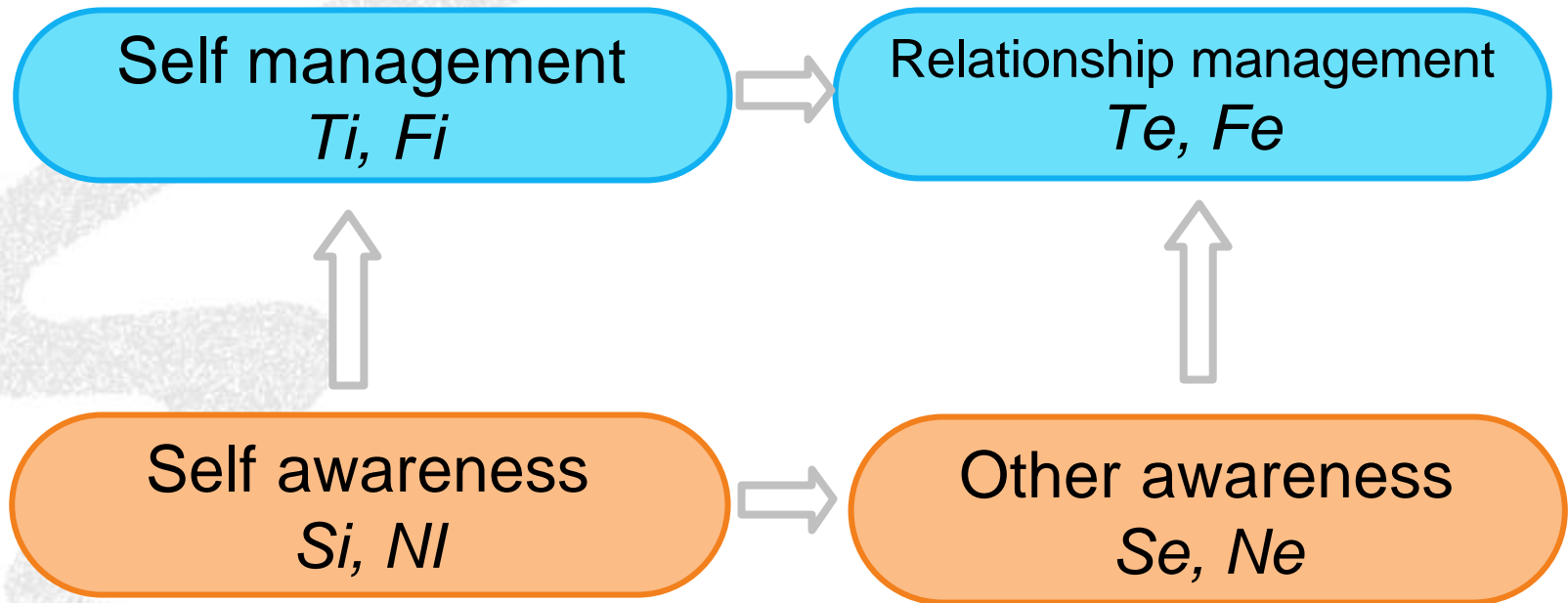
JCA *ie*™ framework



JCA framework and Type

Intrapersonal intelligence

Interpersonal intelligence



Links between Type and Ei

Type		Dom	Aux	Ter	Inf
I - - J	EI pattern	SA	RM	SM	OA
	<i>Jungian</i>		<i>Si/Ni</i>	<i>Te/Fe</i>	<i>Ti/Fi</i>
	<i>Se/Ne</i>				
I - - P	EI pattern	SM	OA	SA	RM
	<i>Jungian</i>		<i>Ti/Fi</i>	<i>Se/Ne</i>	<i>Si/Ni</i>
	<i>Te/Fe</i>				
E - - P	EI pattern	OA	SM	RM	SA
	<i>Jungian</i>	<i>Se/Ne</i>	<i>Ti/Fi</i>	<i>Te/Fe</i>	<i>Si/Ni</i>
E - - J	EI pattern	RM	SA	OA	SM
	<i>Jungian</i>		<i>Te/Fe</i>	<i>Si/Ni</i>	<i>Se/Ne</i>
	<i>Ti/Fi</i>				



the four life positions

	I AM NOT OK	I AM OK
YOU ARE OK	Submissive	Healthy
YOU ARE NOT OK	Stuck	Critical



definition of Ei

“Ei is the practice of thinking about feeling and feeling about thinking when choosing what to do.”

The extent to which we have this habit is determined largely by our internal interferences, which are beliefs and attitudes about our childhood.

process definition of Ei

- Emotional intelligence is the PRACTICE of:
 - Noticing feelings
 - Paying attention to them
 - Giving them significance
 - Thinking about them, and
 - Taking them into account in deciding how to act
- This applies both to one's own feelings and those of others

underpinning scales

Life positions

1. Self regard
2. Regard for others

Awareness scales

3. Self awareness
4. Awareness of others

Scales

Self management

Emotional resilience
Personal power
Goal directedness
Flexibility
Personal connectedness
Invitation to trust

Relationship management

Trust
Balanced outlook
Emotional expression
and control
Conflict handling
Interdependence

Correlations between Ei and Type

n=85

- Extraversion: Self awareness, Personal power, Over trusting, Interdependence.
- Intuition: Aggressive
- Thinking: Emotional over control
- Feeling: Self awareness, Personal connectedness, Over trusting
- Perceiving: Over optimistic, Independence, Aggressive

mindsets for Ei

- We are each of us in control of, and responsible for, our actions (Pp, Gd)
- No-one else can control our feelings (Pp, Sa)
- People are different (Oa, Ch, Int)
- However you, and they are is OK (Sr)
- Feelings and behaviour are separate (Ec)
- All feelings are self-justified, acceptable and important (Ex, Pc)
- Change is possible (FI)
- All people have a natural tendency towards growth and health (Sr, Or)

Thank you

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