

Jeff Hottinger – Individual Learning Journal Paper

I have made incremental progress in most areas of my SLC and am committed to the goals I've set. I've accomplished the most in the personal area, have made some progress in with my professional goals, and have recently started to chip away at the psychological barriers that have held me back on my thesis. I am satisfied to see work underway and am optimistic that the progress I have made can become a foundation for greater achievement.

On the personal side, I have found a new therapist and made weekly visits to engage in mental and emotional work. I am also actively utilizing planned techniques to raise awareness and modify my mental and emotional states such as using various mindfulness awareness practices and listening to music strategically. Physically I have begun to become more active with running again, but also with new practices of full-body workouts and stretches. I have yet to visit a physical therapist to learn rehabilitation techniques for my shoulder injury but will do so this fall. Creatively I have been less active but have found some time to work on craftsman projects, cooking, and drawing occasionally. Socially I have made better contact with friends and family and have more plans in the works.

Professionally I have been having some success connecting with alumni and my cohort, first at the MSOD Alumni conference but also locally in the LA area. I hope to continue investing here to gain career advice and guidance especially as I approach the end of the program. I have found some areas to practice OD in my current job but am not satisfied with this so far.

Lastly, I have found my thesis to be a crucible where my personal psychological issues, habits, and history conspire to make a taller mountain out of a tall mountain. I've just recently started chipping away at this and it will prove to be the most difficult and most rewarding accomplishment in this program I believe.

I will have a significant obstacle with jet lag in my travel plans as I have little time before the practicum begins to adjust to a time zone 9 hours ahead of mine. Knowing this, I will be strategic with sleep and exercise to adapt as fast as possible. I have already added Lyon time to my watch so that I can begin altering my sleep patterns at home to cut a couple hours off the transition before I leave. Once my travel begins I will adhere to Lyon time as much as possible for sleep. I will also utilize running and eating to help manage my energy for the long days as I have learned to do in the prior 3 intensives.

Connection to my wife will be difficult while in France mostly due to the class schedule that will take up most convenient free time. I have worked in Hong Kong for 6 weeks before and managed to stay in touch with her though so I should be okay. We can also use asynchronous technologies like email and Snapchat to share things when we cannot speak directly. Everyone else in my life can wait until I get back to hear about my trip and see some photos.

I'm excited about the opportunity to engage in the cultural ambiguity that I will surely face in France. My CQ report noted this motivation was my highest strength and I aim to capitalize on the motivation even as I run into many uncertainties I may be unprepared for. In Antal and Friedman's stages I would say I am at 4: accepting that different viable cultural norms exist and hoping to progress to level 5 where I might shift intentionally into a different frame of reference.

My overall plan to maximize my gains in Cultural Intelligence over the course of this practicum involves the duality of self-reflection and an outward focus driven by curiosity. I hope to bring my authentic self to both cohort, client, and public interactions and will check-in regularly to assess and adjust throughout the trip. Externally I will be keen to observe and learn with a fresh mind. While I have read many things to prepare myself, I think it will be important not to pattern-match the experiences into expected categories lest I limit my learning.