



# Iedereen discrimineert, ook jij!

## Masterclass

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**Voor samenwerkingen, vragen of gratis Brain Tools:**

- LinkedIn: ilke-oner
- Instagram: oner\_academy
- Website: [www.oneracademy.com](http://www.oneracademy.com)
- Podcast: Boost Your Brain Podcast

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## Na de masterclass weet jij:

1. **Hoe** jouw brein werkt, maar ook dat van een ander en waarom je discrimineert;
2. Hoe je jouw waarneming verandert en nieuwsgieriger wordt in plaats van (ver)oordeelt;
3. Hoe je vanuit verbinding andere keuzes maakt en je resultaten optimaliseert.

→ Win-win: met altijd het kind in je achterhoofd

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## Wat weet je over het brein?

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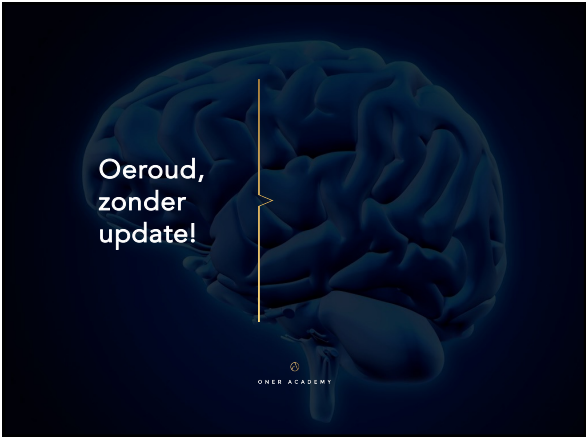
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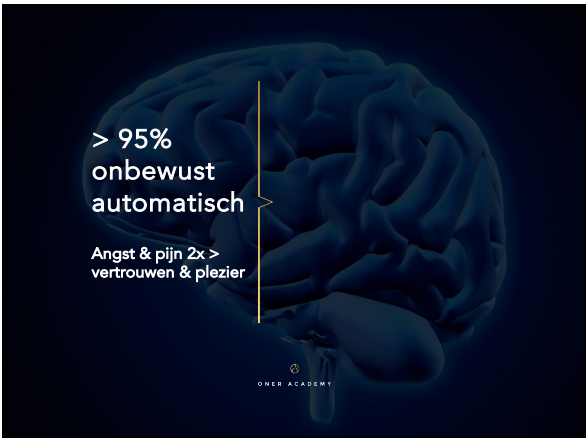
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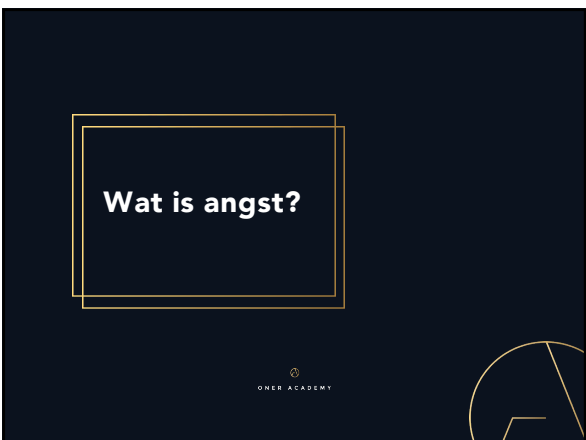
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## Universele angsten

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1. Angst om dood te gaan.
2. Afscheiden zijn en verlaten.
3. Niet goed genoeg zijn/ oordeel van een ander.
4. Financieel niet rondkomen.
5. Verlies van controle.

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Vult in  
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... en trekt  
conclusies

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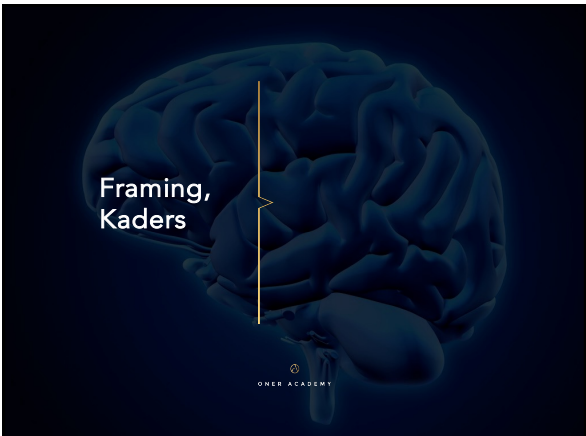
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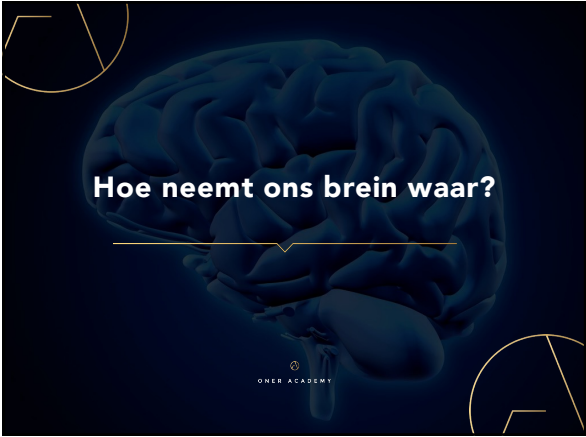
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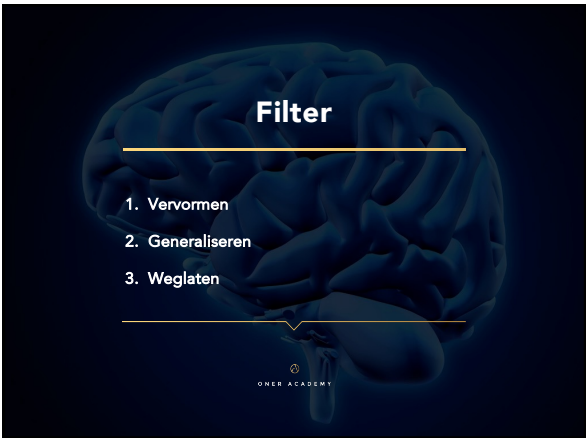
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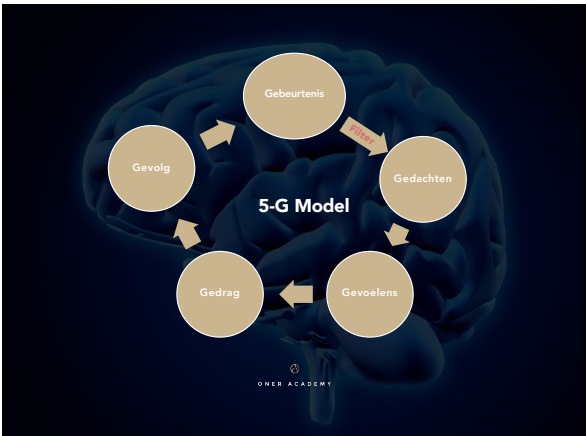
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**Oefening 1.**

Tel binnen 5 seconden de **parse** ballonnen op het volgende plaatje?



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Hoeveel **parse** ballonnen heb je geteld?



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Hoeveel **groene** ballonnen waren er op het plaatje?



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## Oefening 2

Hoe vaak gooit het witte team de basketbal over?



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## Oefening 3

Volg de bewegende stip.  
Welke kleur heeft de bewegende stip?



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Kijk naar het kruis +.  
Welke kleur heeft de bewegende stip nu?



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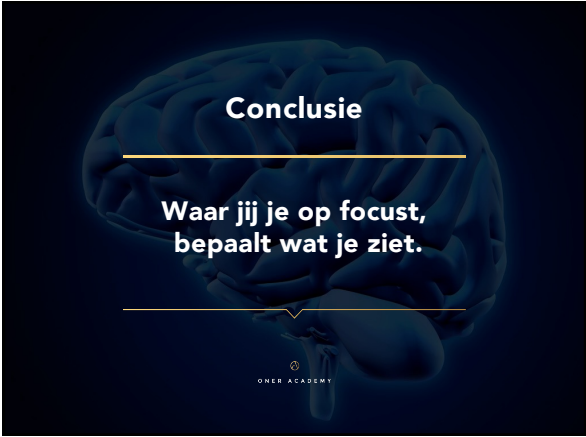
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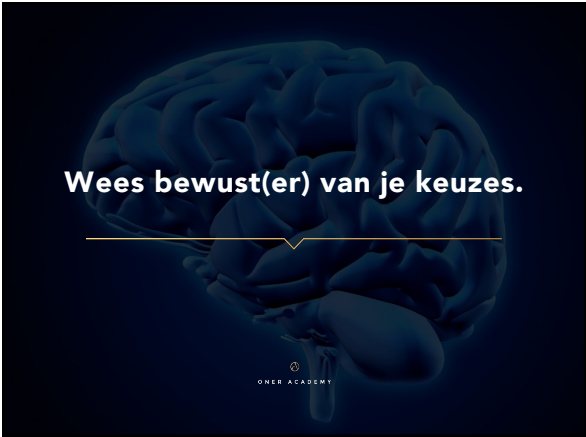
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**Is NIET het totaalplaatje!**

- Altijd op zoek naar bevestiging van eigen overtuigingen en conditionering: BIAS!
- En wordt beïnvloedt door kaders, framing & de groep.'

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**Hoe zijn overtuigingen & conditionering ontstaan?**

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Van geboorte tot +/- 7 jaar: ontstaan van hersenbanen.

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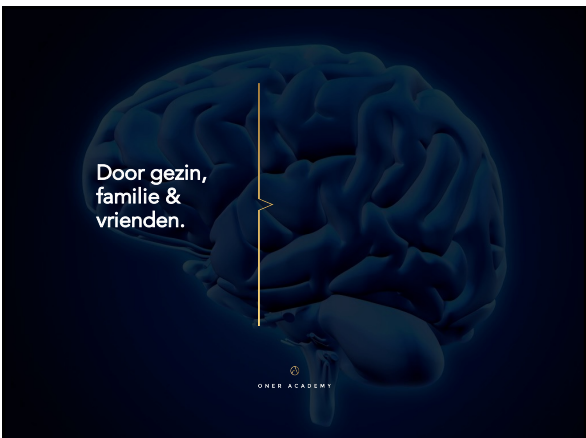
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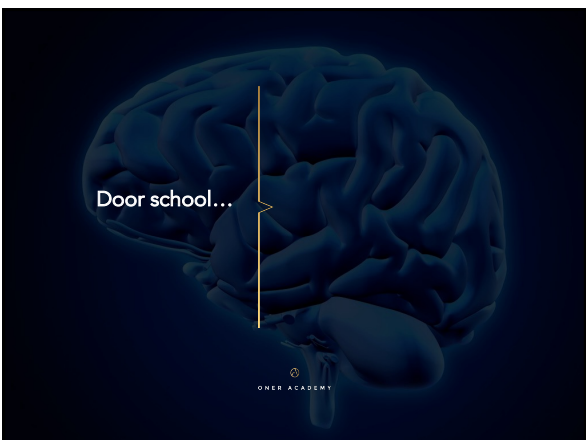
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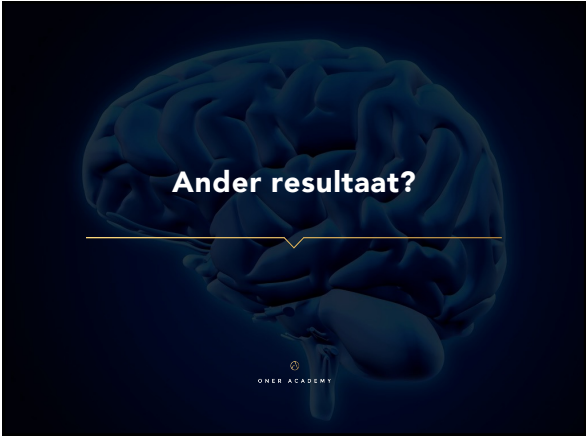
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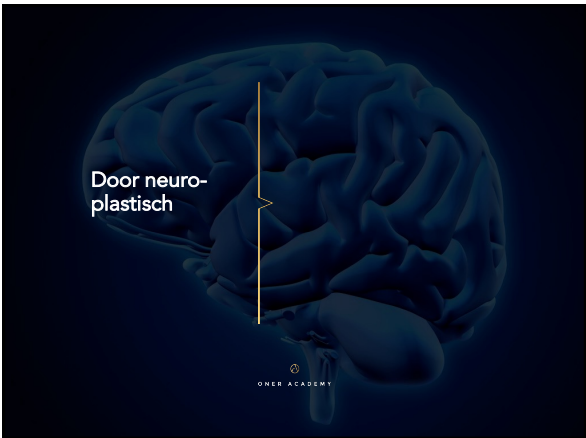
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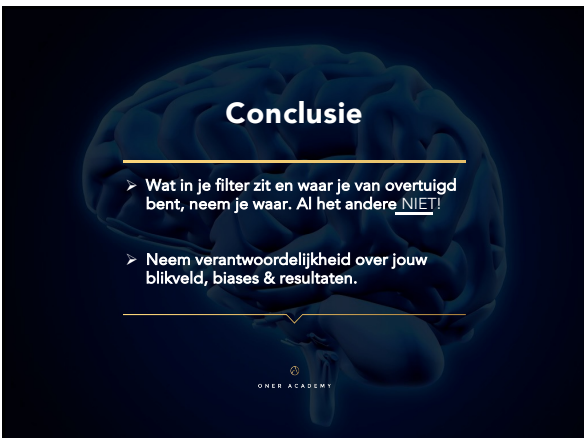
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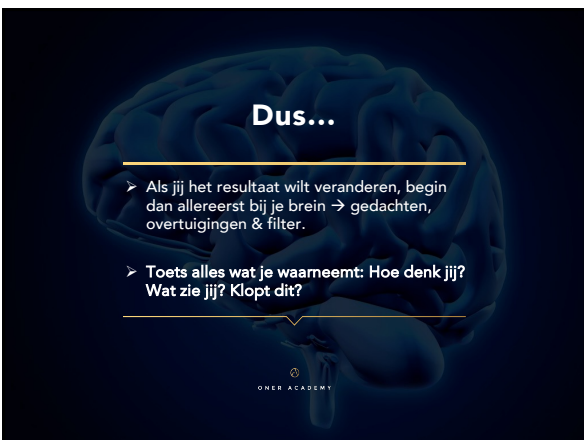
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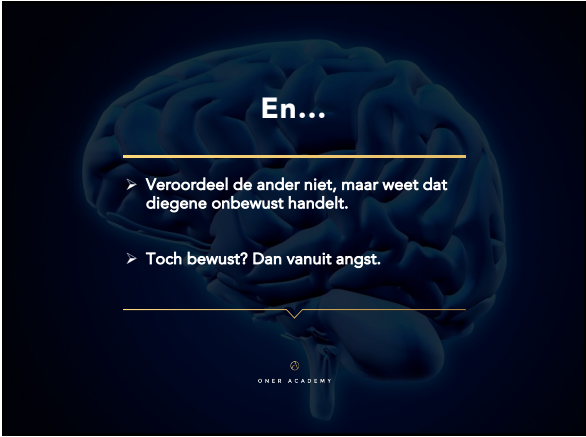
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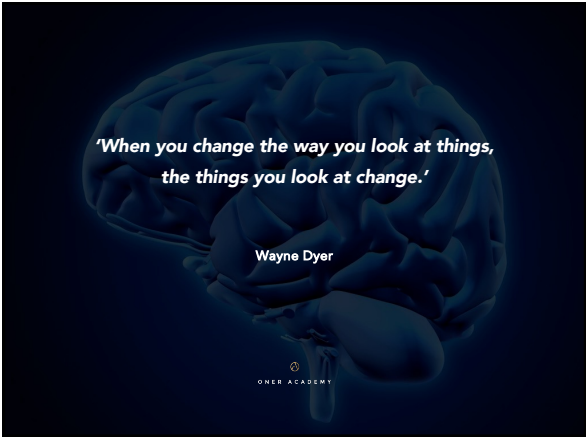
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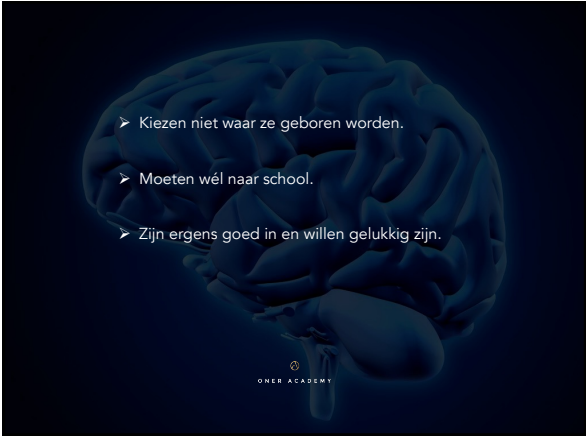
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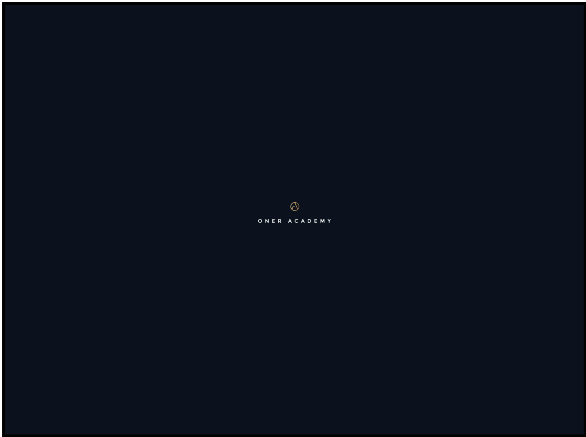
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