

Critical Thinking

"The purpose of critical thinking is rethinking: that is, reviewing, evaluating, and revising thought." Jon Stratton

We live in a knowledge based society, and the more critically you think, the better your knowledge will be. Critical thinking provides you with the skills to analyse and evaluate information so that you are able to obtain the greatest amount of knowledge from it. It provides the best chance of making the correct decision, and minimises damages if a mistake does occur.

This workshop will provide you with the skills to evaluate, identify, and distinguish between relevant and irrelevant information. It will equip you to be a more rational and disciplined thinker, as well as reduce your prejudice and bias hence provide you a better understanding of your environment.



Course Objectives and Content

KEY LEARNING OBJECTIVES

1. Understand what critical thinking entails and its value at work.
2. Recognise situations requiring critical thinking.
3. Apply critical thinking skills to evaluate information .
4. Identify and deal with common barriers to critical thinking.

WHO IS THIS FOR?

This course is suited for everyone in any organisation!

COURSE CONTENT

1. Components of critical thinking; applying reason, open mindedness, analysis, logic, case study.
2. Non-linear thinking; step out of your comfort zone, don't jump to conclusions, expect and initiate change, being ready to adapt.
3. Logical thinking; ask the right questions, organise the data, evaluate the information, draw conclusions.
4. Seeing the big picture; objectivity, using your emotions, being self-aware.
5. Evaluate the information; making assumptions, watch out for the bias, ask clarifying questions, SWOT analysis.
6. Honing your critical thinking skills; active listening, be curious, be disciplined, be humble.
7. Benefits of critical thinking; being more persuasive, better communication, better problem solving, increased emotional intelligence.
8. Changing your perspective; limitations of your point of view, considering others' viewpoint, influencers on bias.
9. Problem solving; identify inconsistencies, trust your instincts, asking why, evaluate the solution(s).
10. Putting it all together; retaining your new skills, reflect and learn from mistakes, always ask questions, practicing critical thinking.

Call us now on the numbers below

www.lanterntraining.com

info@lanterntraining.com

MOBILE: 0702 369224 or 0706 596162