

# Six Thinking Hats Guided Session

Step 1 – Define Your Problem

Step 2 – Use Lateral Thinking To Solve Your Problem



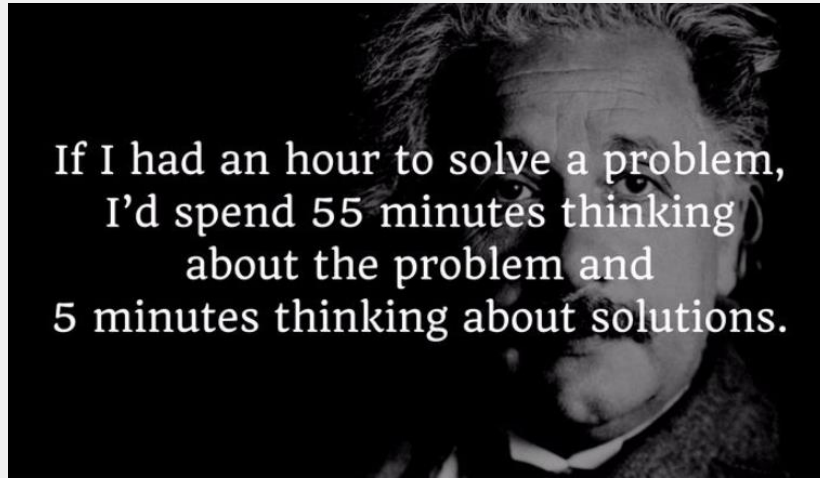
Step 3 – Print Your Report

Print

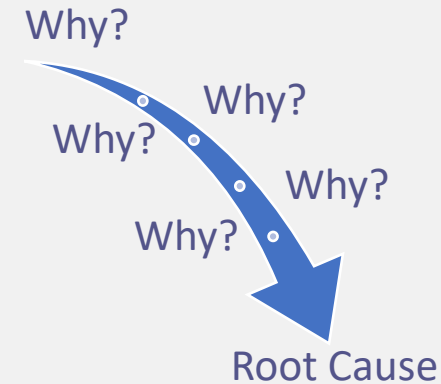
Always finish  
with the Blue  
Hat!

# Defining your Problem

Check it's the right Problem



Ask Why Five Times



To determine root cause!

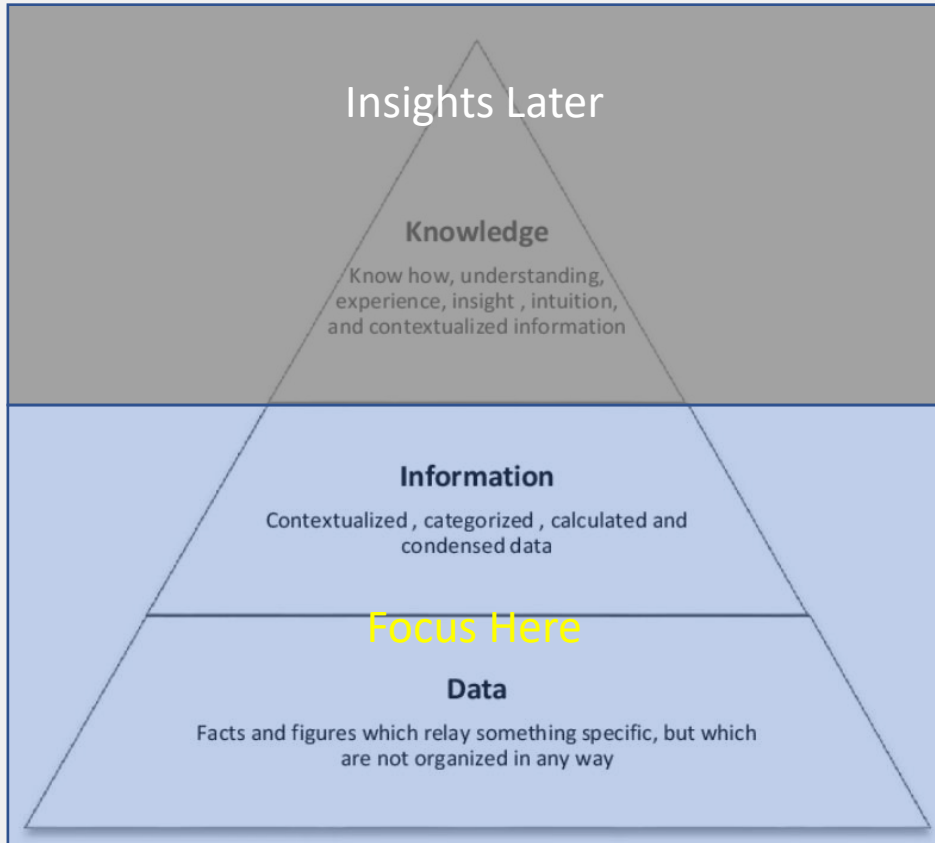
Types of Problems could be:

- Relationships
- Job and work
- Finances
- Health (physical and mental)
- Addiction
- Moving home
- Business decision
- Family
- Stress and Anxiety
- Life Changes

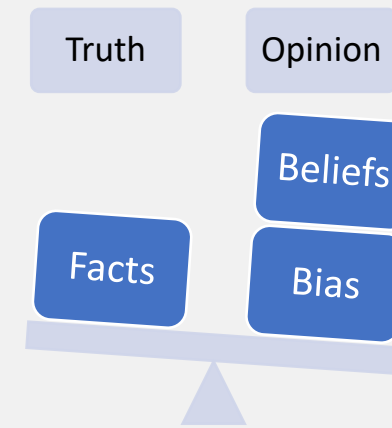


# The White Hat

Objective Facts and Figures = Truth



Avoid subjective bias and personal beliefs



## Data and Information Gathering

- Time
- Scope
- Money (Cost and Value)
- Location
- Quantity
- Quantitative vs Qualitative
- Laws and regulations
- Research
  - Known vs Unknown
  - Verified and unchecked



## *The Red Hat*

Recognise your Emotions

Anticipate the emotions of others

Identify your hunches and intuitions



### Different Feelings

- Love
- Joy
- Excitement
- Passion
- Pleasure
- Certainty
- Contentment
- Pride
- Ambition
- Desire
- Anger
- Anxiety
- Fear
- Frustration
- Pain
- Doubt
- Guilt
- Shame
- Indifferent
- Disgust





## *The Yellow Hat*

What Value or Benefits do  
we Expect to receive?

Seek out Positive  
Opportunities

Anticipated Rewards!

What are the advantages  
of doing this?

How ambitious do we  
want to be?



## The Black Hat

### The Risks and Weaknesses

#### Causes

- Flawed assumptions
- Uncertain environment
- Existential Threats
- Adverse Trends
- Obstacles



Caution!

#### Possible Consequences

- Loss (time and finances)
- Reputation Damage
- Legal violations
- Physical loss
- Security breaches





## *The Green Hat*

Generate New Ideas  
and Alternatives

Exercise Creativity to  
Seek Opportunities

Find Alternative Paths and  
Strategies for Achievement

Focus on Growth



## *The Blue Hat*

Always finish  
with the Blue  
Hat!

The Manager: Overseeing  
the Whole Process



Structure all the inputs  
from the other Hats

Make Decisions and  
Prioritise Ideas

Form Conclusions and  
Agree Next Actions!