

Six Thinking Hats Guided Session

Step 1 – Define Your Problem

Step 2 – Use Lateral Thinking To Solve Your Problem



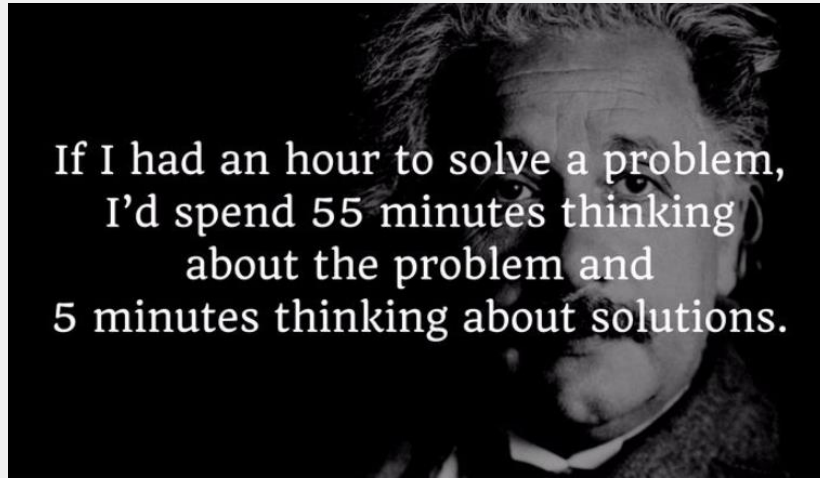
Step 3 – Print Your Report

Print

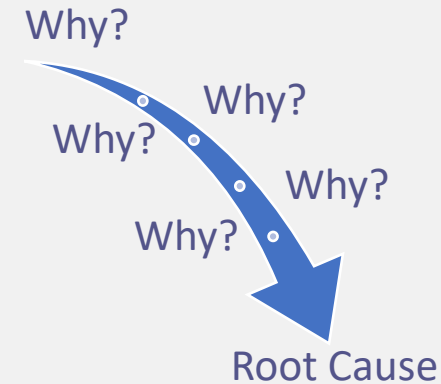
Always finish
with the Blue
Hat!

Defining your Problem

Check it's the right Problem



Ask Why Five Times



To determine root cause!

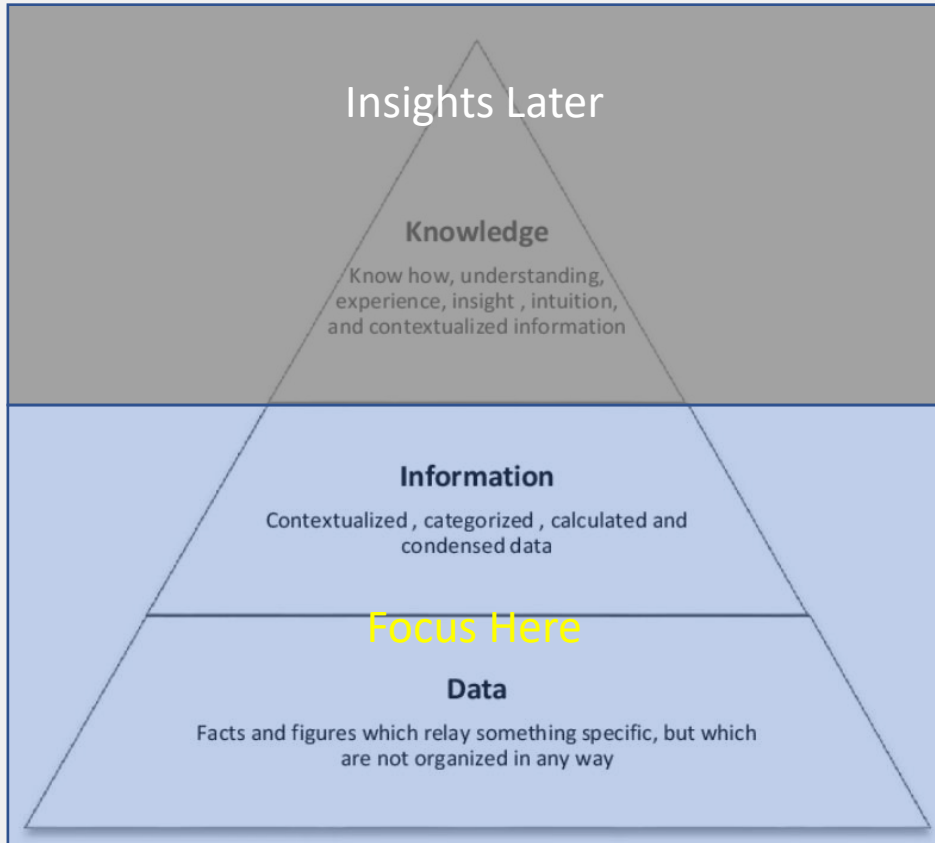
Types of Problems could be:

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

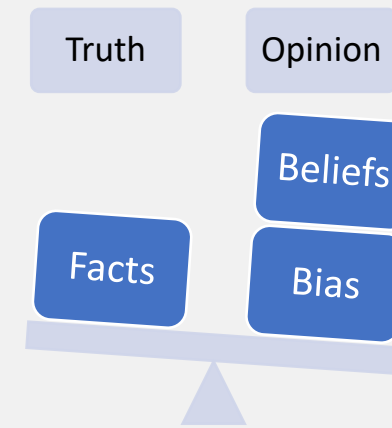


The White Hat

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



The Manager: Overseeing
the Whole Process

Make Decisions and
Prioritise Ideas



Structure and contextualise
the inputs of the other Hats

Form Conclusions and
Agree Next Actions!