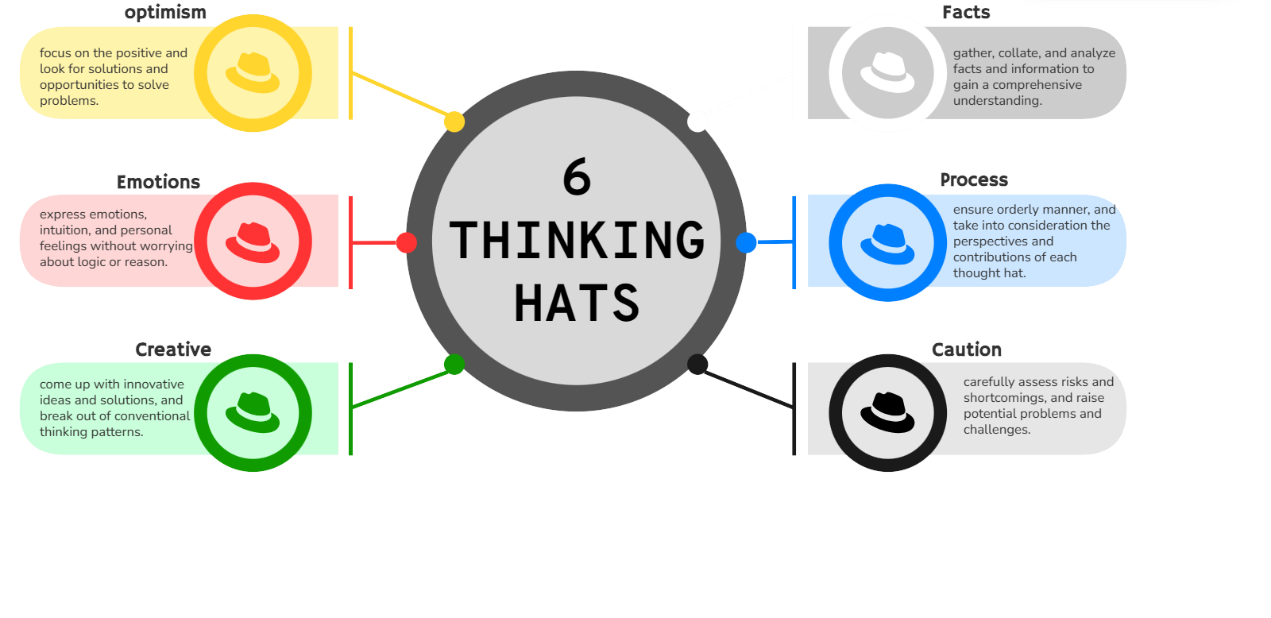
Explore the six dimensions of the mind:

De Bono's Six Thinking Hats

穿着西装笔挺的男子黑白照

描述已自动生成Introduction

The Six Thinking Hats are a thinking tool created by Edward de Bono to help people think about problems and make decisions in a more holistic, systematic way. The model uses six different colored "thinking caps," each representing a specific thinking role or dimension, to help an individual or team look at a problem from a different perspective.



six thinking caps are not only applicable to individual thinking but can also be applied to teamwork and decision-making processes. Through the flexible use of different colored thinking caps, people can avoid one-sided thinking, thus solving problems in a more comprehensive and diversified way and improving the efficiency and quality of thinking.

Application

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**Here is a typical step-by-step application of the six thinking hats in a meeting:**

1. State the problem (white hat);

2, propose a solution to the problem (green hat);

3, assess the advantages of the programme (yellow hat);

4, list the disadvantages of the programme (black hat);

5, make an intuitive judgement about the solution (red hat);

6, summarise the statement and make a decision (blue hat).

