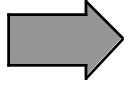


# Six Thinking Hats

Stuck in the Same  
Old Thought  
Patterns?



This workshop focuses on developing new thinking skills to be able to deal more effectively with the challenges of our daily lives.

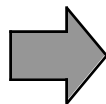
Based on Edward de Bono's internationally renowned book, 6 Thinking Hats, this workshop allows people to develop new thinking skills by actually using different thought processes to look at difficult situations.



*"The main difficulty of thinking is confusion. We try to do too much at once. Emotions, information, logic, hope and creativity all crowd in on us. It is like juggling with too many balls."*

—Edward de Bono

By breaking down thinking into 6 component styles people can avoid confusions



**White Hat:** Neutral and Objective

**Red Hat:** Emotions and Feelings

**Black Hat:** Negative Thinking

**Yellow Hat:** Positive Thinking

**Green Hat:** Creative Thinking

**Blue Hat:** Control and Organization

Different thought process

=

Generate better solutions to problems

=

Increased self-esteem and empowerment of employees

Friedom Training and Coaching Services

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