



## Critical Thinking - *improved thinking and problem-solving skills*

**Consciousness is what separates humans from the animals. Take time to think about your thinking and discover some simple techniques to improve the quality of your thinking, problem-solving and decision making skills.**

- Have you ever looked back on a situation or event and thought that you could've handled it better?
- Have you regretted decisions you've made at work or at home?
- Do the decisions you make effect or impact on others?
- Do you ever wish you had better problem-solving skills?

This practical 1 Day workshop provides an opportunity for participants to learn more about critical thinking approaches and barriers and to find ways to improve their critical thinking skills in all situations, both personal and professional.

### Learning Objectives

- Practical skills for thinking clearly in challenging situations
- Critical thinking concepts, processes and tools including:
  - Step by step decision making process (can be applied in all situations large or small)
  - Universal Intellectual Standards (to guide quality of thinking)
- Techniques to take charge of your personal and professional decision making
- Understanding the human mind and how it impacts on decision making and problem-solving
- How to analyse and assess your thinking and the thinking of others

The workshop is interactive in nature, meaning that participants will be given multiple opportunities to practice and apply the step-by-step critical thinking model taught in this workshop.

