



SIX THINKING HATS

How you make decision says a lot about how you are. If, you are naturally optimistic you may reach a decision without considering any potential drawbacks. If, you are more cautious you may miss opportunities because you spend too long deliberating.

But with Edward de Bono "Six Thinking Hats" approach you can look at problems from different perspectives. This can help you get a more rounded view of your situation before you make a decision.

When you have the WHITE thinking hat on, you focus on the information at hand and what it teaches you. You analyze trends and for any missing knowledge

With the RED hat on you are guided by your intuition, gut reaction and emotion. Think about how other people might react to your decision. How would they respond if they didn't know your reasoning?

BLACK hat thinking looks at the potential negative outcomes of decision. With the black hat on, you think about how and why certain decisions may not work. This is important, because it helps you make plans stronger, and more resilient.

The YELLOW hat help you to think more positively. When you wear it, you look at a decision from an optimistic viewpoint. This helps you to see a decision's benefits and can motivate you when things look gloomy and difficult.

The GREEN hat signifies creativity. It represents a freewheeling, brainstorming style of thinking. This hat will encourage you to develop creative solutions.

Finally, BLUE hat represents process control. It's the hat to wear when you chair meetings or lead a project.

De Bono's Six Thinking Hats is a powerful technique for looking at decision making from different points of view. Decisions made using the Six Thinking Hats technique can be sounder and more resilient than would otherwise be the case. It can also help you to avoid possible pitfalls before you have committed to a decision.