

Six Thinking Hats Guided Session

Step 1 – Define Your Problem

Step 2 – Use Lateral Thinking To Solve Your Problem



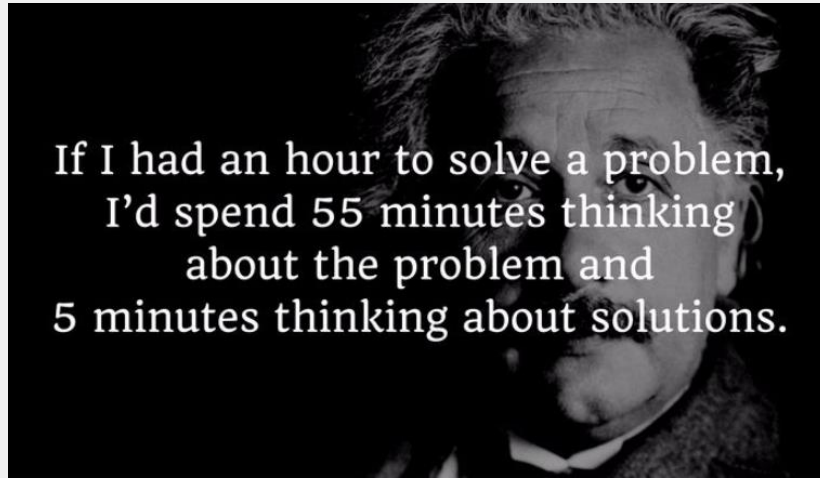
Step 3 – Print Your Report

Print

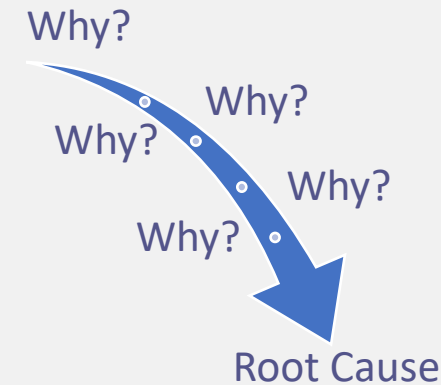
Always finish
with the Blue
Hat!

Defining your Problem

Check it's the right problem



Ask why five times



To determine the root cause!

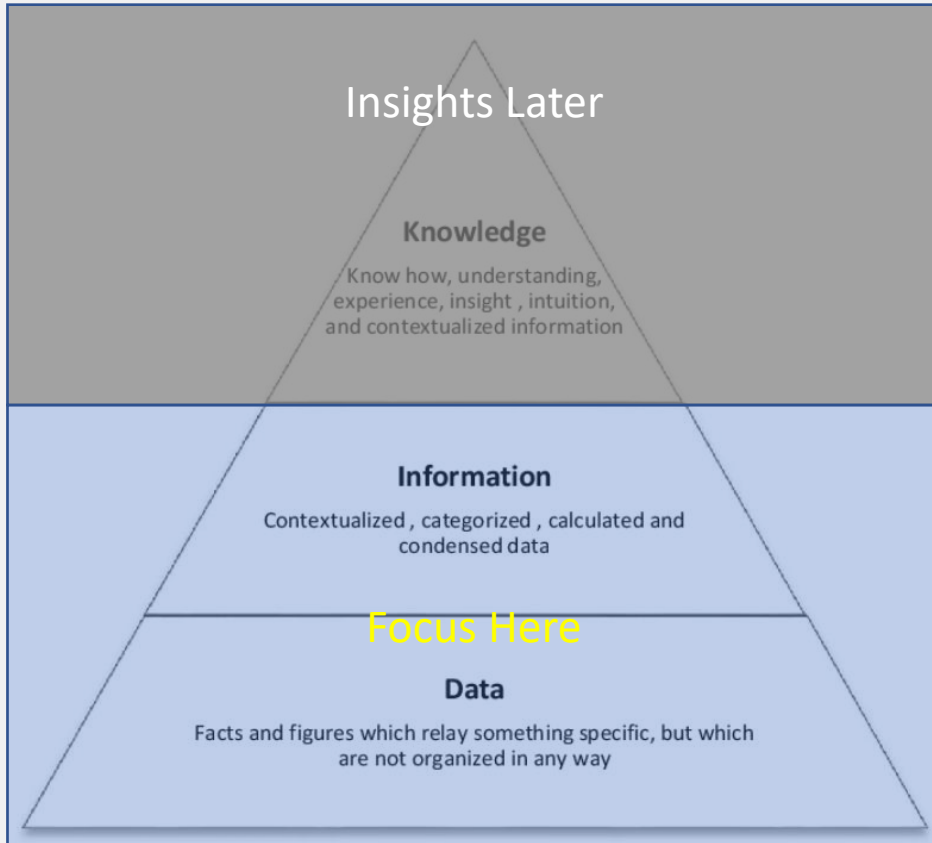
Types of problems could be:

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

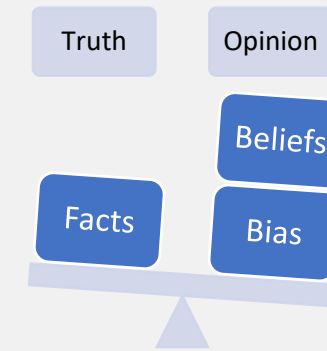


The White Hat

Objective Facts and Figures = Truth



Avoid subjective bias and personal beliefs



Data and Information Gathering

- Time
- Scope
- Location
- Finances
- Trends
- Research
 - Known vs Unknown
 - Facts Verified or Unchecked
 - Quantitative vs Qualitative
 - Laws and regulations



The Red Hat

Recognises your emotions

Anticipates 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

Value and benefits we
Expect to receive

Seeks out Positive
Opportunities

How ambitious do
we want to be?

What are the advantages
of doing this?

Anticipated Rewards



The Black Hat

The Risks and Weaknesses

Causes

- Flawed assumptions
- Uncertain environment
- Existential Threats
- Adverse Trends
- Obstacles



Possible Consequences

- Loss (time and finances)
- Reputation Damage
- Legal violations
- Physical loss
- Security breaches

Caution!



The Green Hat

Growth, New Ideas
and Alternatives

Exercise Creativity to
Seek Opportunities

Find Alternative Paths and
Strategies for Achievement

Focus on Growth



The Blue Hat

Always finish
with the Blue
Hat!

The Manager: Oversees
the whole process



Make decisions and
prioritise ideas

Structure and contextualise
the inputs from all the hats

Form conclusions and
next actions!