

## Critical Thinking Workshop

### Course Duration 1 Day

We live in a knowledge based society, and the more critical you think the better your knowledge will be. Critical Thinking provides you with the skills to analyse and evaluate information so that you are able to obtain the greatest amount of knowledge from it. It provides the best chance of making the correct decision, and minimizes damages if a mistake does occur.

Critical Thinking will lead to being a more rational and disciplined thinker. It will reduce your prejudice and bias which will provide you a better understanding of your environment. This workshop will provide you the skills to evaluate, identify, and distinguish between relevant and irrelevant information. It will lead you to be more productive in your career, and provide a great skill in your everyday life.

### Course Objectives

At the end of the course participants will be able to:

- Understand the components of critical thinking
- Utilize non-linear thinking
- Use logical thinking
- Recognize what it means to be a critical thinker
- Evaluate information using critical thinking skills
- Identify the benefits of critical thinking
- Revise perspective, when necessary
- Comprehend problem solving abilities

### Course Outline

#### Components of Critical Thinking

Applying Reason  
Open Mindedness  
Analysis  
Logic

#### Non-Linear Thinking

Step Out of Your Comfort Zone  
Don't Jump to Conclusions  
Expect and Initiate Change  
Being Ready to Adapt

#### Logical Thinking

Ask the Right Questions  
Organize the Data  
Evaluate the Information  
Drawing Conclusions

#### Critical Thinkers (I)

Active Listening  
Be Curious

Be Disciplined  
Be Humble

#### Critical Thinking (II)

Seeing the Big Picture  
Objectivity  
Using Your Emotions  
Being Self-Aware

#### Evaluate the Information

Making Assumptions  
Watch out for the Bias  
Ask for Clarifying Questions  
SWOT Analysis

#### Benefits of Critical Thinking

Being More Persuasive  
Better Communication  
Better Problem Solving  
Increased Emotional Intelligence

#### Changing Your Perspective

Limitations of Your Point of View  
Considering Others Viewpoint  
Influences on Bias  
When New Information Arrives

#### Problem Solving

Identify Inconsistencies  
Trust Your Instincts  
Asking Why?  
Evaluate the Solution(s)

#### Putting It All Together

Retaining Your New Skills  
Reflect and Learn From Mistakes  
Always Ask Questions  
Practicing Critical Thinking