

Critical Thinking Essentials

How to generate better solutions quicker



Overview - Why Take This Course

In a fast-paced world with information overload, organizations require strong critical thinking skills to support high performance. Critical thinking is the ability to analyze the information presented to discern and form an unbiased judgment. Critical thinking is a learned skill where both cognitive and mental faculties are used to put thoughts and emotions in perspective to impact the process. In this course, you will learn the parameters that influence critical and non-critical thinking. You will also learn how to use analytical thought systems and creative thinking tools to become more effective in dealing with workload and relationships.

Audience

Government employees at all levels of the organization who wish to enhance their ability to “think critically” to deal effectively with the volume and complexity of information in our every day lives.

Instruction Methodology

This is an interactive course designed to engage participants through presentations, guided discussions, practical exercises, and a case study.

Price \$1095 (plus HST)

Duration Two Days

Topics

Participants in this course will benefit from learning about:

- Defining critical and non-critical thinking
- Using the critical thinking process to build and analyze arguments
- Applying analytical thought systems and creative thinking tools to manage the workload and relationships
- Understanding critical thinking styles
- Discovering barriers to critical thinking
- Appreciating the role of emotion in the thinking processes (how the brain and the mind function)
- Exploring practical applications of critical thinking
- Identifying the impact of mindfulness on the thinking process (a practical introduction to how a mindfulness practice impacts the thinking process)