

BUSINESS VITAMINS

Six Thinking Hats

VITAMIN DEFINITION

The six thinking hats is a concept developed by Dr. Edward de Bono to help group discussions and to promote a more effective decision-making in a meeting. It can be used by individuals, and groups, to provide clarity of thought and facilitate breadth of thinking.

Usually when we think, whether alone or when collaborating with others, we consider a number of things all at once: the pros, the cons, data, feelings, ideas and approaches. We then try to make sense of it all at once by discussing, arguing, promoting one view and criticizing another until the debate is either won or lost.

Such debates can become circular or result in decisions that are unsatisfactory to some of the people involved, which results in lower levels of commitment and support. When everyone is attempting to get different things from an interaction and it just isn't working,

TAKE THIS VITAMIN

If you need to make an effective decision on an idea that is proposed by you or others.

This vitamin will explore different types of thinking.

The vitamin should be taken during a meeting to explore effective decision.

VITAMIN DETAILS

The Six Thinking Hats concept allows the different modes of thinking to be separated and done one at a time. It essentially works by introducing six metaphorical hats, each defining a certain type of thinking.

Green thinking hat:

The green thinking hat is about creativity. Thinking of ideas, alternatives and possibilities. It provides solutions to black hat challenges!

Yellow thinking hat:

The Yellow thinking hat symbolizes brightness and optimism. This type of thinking, you are exploring how useful the idea is and will provide a logical reason behind it.

Red thinking hat:

The Red thinking hat signifies feelings and intuition. It is how I feel right now and expressed without explanations. Feelings can change and no reason is given.

Blue thinking hat:

The Blue thinking hat is used to manage the thinking process. It ensures that other thinking hats guidelines are observed. It organizes the thinking and plan the actions.

White thinking hat:

The White thinking hat seeks information and facts. This type of thinking is neutral and objective. All about what I know, What do I need to find out and How will I get the information I need.

Black thinking hat:

The Black thinking hat highlights caution and critical thinking, illustrating why something may not work. With this type of thinking, you would state the challenges and weaknesses spotting the risk that may occur with logical reasons are given.

EXAMPLES

Before a meeting, the team should agree to use the Six thinking hats to discuss and make effective-decision on an idea that is proposed.

The person with the blue hat on starts the discussion of ideas.

1. Initially, people may be asked to put on their imaginary white hat in order to state the facts relating to the discussion.
2. Next, everyone may be asked to put on their imaginary green hat to come up with ideas. People are not allowed to come up with any negative comments at this stage because they can only do this when they are wearing the black hat.
3. Once a number of ideas have been generated, the person wearing the blue hat may suggest moving on to wearing the yellow hat in order to think about the positives of each idea.
4. They may then move onto asking everyone to wear the black hat to think about difficulties relating to any ideas.
5. Usually, the red hat is the final hat to be worn. This is because people have to select a final idea, and this is often based on a gut feeling.
6. The blue hat wearer will then state the final conclusions.

