

Analytical and Critical Thinking Skills Advanced Course

Lisbon (Portugal)

6 - 10 January 2025

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Analytical and Critical Thinking Skills Advanced Course

Code: PS28 From: 6 - 10 January 2025 City: Lisbon (Portugal) Fees: 4400 Pound

Introduction

Critical thinking is a fundamental cognitive skill that plays a pivotal role in personal and professional success. It involves the ability to analyze information, assess its validity and reliability, and make reasoned judgments and decisions. In today's complex and fast-paced world, the demand for individuals who can think critically and solve problems effectively is increasing. This five-day training course on analytical and critical thinking aims to provide participants with a comprehensive understanding of the key elements and techniques of critical thinking. By developing a mindset that embraces curiosity, open-mindedness, and intellectual rigor, participants will enhance their problem-solving abilities, make informed decisions, and navigate challenges with confidence. Whether you are a professional seeking to excel in your career or an individual looking to sharpen your cognitive abilities, this course offers a transformative journey towards becoming a skilled and astute critical thinker.

Course Objectives

- See why critical thinking is essential to your career growth.
- Recognize and detach yourself from your assumptions.
- Decide quickly with reflective urgency.
- Ask questions to better understand the problem.
- Think scientifically to avoid unconscious bias.
- Assess data carefully to gain an evidence-based perspective.
- Remain open-minded when listening to other people's opinions.
- Become an integrative thinker to find creative solutions.
- Use the elements of critical thinking to enhance your learning.

Course Outlines

Day 1: Introduction to Critical Thinking

- Defining critical thinking and its relevance in personal and professional contexts.
- Exploring the key elements and characteristics of critical thinking.
- Understanding the importance of critical thinking in problem-solving and decision-making.
- Developing a mindset conducive to critical thinking.
- Recognizing the value of critical thinking in enhancing professional growth and success.

Day 2: Observing and Reframing

- Changing perspectives: defamiliarizing from existing knowledge and assumptions.
- Identifying and reframing problems for innovative and creative solutions.
- The significance of precise problem statements in critical thinking.
- Balancing focus and broad understanding: zooming in and zooming out

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and utilizing different lenses for analysis.

Day 3: Asking Critical Questions

- The power of questioning in critical thinking and problem-solving.
- Different types of questions to achieve specific goals.
- Evaluating and critically analyzing data sources and analysis methods.
- Shifting focus from "why" to "how" for future-oriented thinking and proactive solutions.
- Applying rigor to curiosity and seeking deeper insights through questioning.

Day 4: Seeking Differing Perspectives

- Cultivating open-mindedness and embracing the potential for being wrong.
- Involving others to disrupt thinking patterns and overcome cognitive biases.
- Navigating constructive disagreement and learning from conflicting viewpoints.
- Strategies for empathetic listening and effective communication to understand diverse perspectives.
- Leveraging the power of diverse perspectives for well-rounded decision-making.

Day 5: Analyzing Information and Making Decisions

- Challenging certainty and exploring alternative possibilities in decision-making.
- Integrative thinking as a strategy for successful leaders and innovative problem-solving.
- Overcoming biases and reevaluating prior assumptions and experiences.
- Rational decision-making in the face of uncertainty and ambiguity.
- Applying critical thinking skills to analyze information, weigh evidence, and make informed decisions.

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