

Analytical and Critical Thinking Skills

Online

18 - 2025 May 2025

UK Training

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Analytical and Critical Thinking Skills

Code: PS28 From: 18 - 2025 May 2025 City: Online Fees: 1600 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 of Analytical and Critical Thinking Skills

You'll learn to:

- 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

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

A graphic of a chessboard with several chess pieces (pawns and a king) on it, set against a background of concentric circles.

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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 Developing the skill of observation 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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