



# Course Outline – Critical Thinking and Personal Effectiveness

## Introduction and course objectives

We all know the old proverb “Give a man a fish and you feed him for a day, teach a man to fish and you feed him for life.” Critical thinking and similar techniques have a similar rationale. Rather than provide an individual with a solution to a single problem, critical thinking is designed to help an individual to solve problems as and when they arise.

In this workshop we will review the underlying principles behind critical thinking theory and practice, and provide practical guidance for developing critical thinking skills.

Having attended this workshop, delegates will be able to improve their personal effectiveness by applying critical thinking techniques in business and home lives.

## Recommended Delegates

Delegates wanting to maximise their personal effectiveness at work and at home by developing critical thinking skills and tools. This course qualifies for CPD purposes and certificates will be issued to delegates on completion.

## Key Content

- Personal learning and development
  - Learning styles
  - Understanding yourself
- What is critical thinking?
- Critical thinking in practice
  - How to improve your personal effectiveness

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Date: TBC We can arrange a date that suits you and your teams needs

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