





Module 3 – Problem Solving

Topic 1: Critical Thinking

SESSION 1



“ Introduction

Critical Thinking is an essential tool to **act effectively** and accurately in most situations. This session is designed to help you understand **how our brain works** and what are the **types of thinkers**.

It is also designed to help you get an introduction to **what critical thinking is** and why it is important to apply this thinking system to **reach your goals and achieve the best results**.





Outline

A- Thinking systems

B- Types of thinkers

An aerial photograph of a sailboat on a dark blue, textured body of water, positioned on the left side of the slide.

A- Thinking systems



A- Thinking systems

Our brain is designed to think in two different patterns: **fast and slow**.

Fast = instinctive, emotion-driven, effective when it comes to avoiding imminent danger or do automatic moves...

Slow = analytical, rational...



A- Thinking systems

Our fast brain is essential to our survival.
Our slow brain (*critical*) is essential to
deal with more complex situations.





A- Thinking systems

Never think twice or Always think twice?

How and when to use each of the two brains is the key to success.





A- Thinking systems

Never think twice or Always think twice?

Sometimes, it is the right mix between the two brain patterns that lead us to the exit door of any problem.

Listen to your intuition and check its validity with facts.



A- Thinking systems

Thinking fast

PRO

* Needed for quick reflexes that are essential for survival

CON

* Not effective in finding the right solutions to a long-term problem



A- Thinking systems

Thinking fast

PRO

* Tapping into the power of our subconscious mind (insights, intuition...)

CON

* Jumping to conclusions and acting accordingly



A- Thinking systems

Thinking fast

PRO

* Tapping into the power of our subconscious mind (insights, intuition...)

CON

* Ignoring facts



A- Thinking systems

Thinking fast

PRO

* Allows us to love at first sight

CON

* Doing mistakes



A- Thinking systems

Thinking slow

CON

* Sometimes we have to think fast to avoid danger or seize an opportunity. No time to think or analyze.

PRO

* Observing facts/avoid cognitive biases



A- Thinking systems

Thinking slow

CON

* Analysis paralysis

PRO

* Solve the root cause of the issue



A- Thinking systems

Thinking slow

CON

*Limits the various abilities of our mind (intuition, reflexes, creativity)

PRO

* Allows us to find the most appropriate solution

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B- Types of thinkers



B- Types of thinkers

► Few types of thinkers:

- The sticklers

They fall in love with an idea and bend their reality to match their truth. You can't be a stickler and a critical thinker at the same time.





B- Types of thinkers

► Few types of thinkers:

- The followers

They believe authorities (boss, teacher...). It is not a bad thing to be a follower as long as it doesn't block your critical thinking.





B- Types of thinkers

► Few types of thinkers:

- The system-builders

They believe everything that fits into their system. You can be a system builder whilst staying open to other possible systems.





B- Types of thinkers

► Few types of thinkers:

... and The Critical Thinkers

They have learned to observe and inquire instead of taking information at face value.





B- Types of thinkers

► Few types of thinkers:

... and The Critical Thinkers

They analyze information without falling into the mistakes our fast mind can make.



B- Types of thinkers

► Few types of thinkers:

... and The Critical Thinkers

They are scientists, successful leaders and business men who knew how to think right in order to find the right solutions to any issue.



Thank you



Contact us

www.enicbcmmed.eu/projects/mysea

The Lebanese Development Network (LDN)

Jal El Dib, Garden Building

Beirut - Lebanon

P.O.Box: 60-374 Jal El Dib, Lebanon

Tel: +961 4 716 433

Website: www.ldn-lb.org

Email: info@ldn-lb.org

Centro Informazione Educazione allo Sviluppo (CIES) Onlus

Via Merulana 198 - 00185

Rome - Italy

Tel. +39 06 77264636 / +39 06 77264638

Website: <https://www.cies.it/progetti/mysea/>

Emails: mysea.communication@cies.it

mysea.coordination@cies.it