



### #3

#### Name: Six Thinking Hats

**Goal:** By systematically "wearing" a different hat, participants are encouraged to explore issues from multiple angles, fostering more comprehensive and balanced decision-making.

#### Short Description

The Six Thinking Hats method, developed by Edward de Bono, is a structured approach to problem-solving and decision-making that encourages individuals or groups to think from different perspectives. Each "hat" represents a different mode of thinking:

- *White Hat: Focuses on facts, data, and information.*
- *Red Hat: Represents emotions, feelings, and intuition.*
- *Black Hat: Involves critical thinking, judgment, and identifying risks or negative aspects.*
- *Yellow Hat: Emphasizes optimism, benefits, and positive outcomes.*
- *Green Hat: Encourages creativity, new ideas, and alternatives.*
- *Blue Hat: Focuses on the process, organization, and managing the thinking.*

#### Step-by-Step Guidance

1. Introduce the method and distribute the different hats in the group (the method can be illustrated with real hats / accessories)
2. State the issue or topic you are addressing and write down guiding questions for each hat (i.e. ask the Black Hat about potential downsides or risks, ask the Red Hat how the person feels about the situation, ask the yellow hat what the benefits and opportunities of this idea or solution are, etc.)



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