

# Smart Thinking – Overcoming Complexity



## *Simplify the Problem and Accelerate to the Solution.*

Critical thinking and problem-solving are among the foundational skills needed in the modern workplace. They help you break down complex problems and remove barriers—such as overthinking and over engineering—that stand in the way of simple solutions.

**Smart Thinking – Overcoming Complexity** provides proven tools and techniques to deal with complexity, including cultivating a greater sense of control and confidence to make proactive decisions that are sustainable.

Learn how to remove the over analysing to simplify things like a five-year old, follow three simple steps to deal with multifaceted challenges, collaborate with others, and manage fear and other negative emotions. Finally, use the methods and tools you've learned to reshape a recent complex challenge into an actionable response.

This hands on workshop includes practical activities and exercises to take you through the methodology required to breakdown complex problems. It helps to identify your common thinking habits and thought processes to refine your approach enabling a more systematic assessment and solution focused strategy.

## Designed for?

- This challenging, exciting program is for anyone who needs to practice critical thinking and gain clarity of thought in the workplace.
- Ideal for managers and leaders who deal with complex and time consuming challenges as part of the role.
- An ideal group size is 6 – 15 participants.

## Key Learning Outcomes

- ✓ Deploying the curiosity quotient – thinking like a five year old.
- ✓ Removing limiting words from your vocabulary.
- ✓ Using three simple steps to deal with complexity i.e. utilising focus, holding yourself accountable, harnessing self-belief.
- ✓ Working with others to solve complex problems.
- ✓ Creating a collaborative culture. Communicating what you're thinking.
- ✓ Managing fear in complex situations using the FUD formula.
- ✓ Using Appreciative Inquiry methods to apply positive psychology.
- ✓ Understand how to use externalisation techniques to apply complexity mapping.
- ✓ Learn pattern interrupt techniques to break non-productive thinking habits.

Live Face to Face, Virtual or Hybrid



Power Sessions



Half-Day



1-Day



Coaching

## Contact Us

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