

6 Thinking Hats

□ What is it

- Design thinking and group discussion are highly complex processes in which thoughts are shared, ideas bubble up, and others are buried. De Bono's Six Thinking Hats technique provides a systematic solution to sharing and improving ideas by eliminating idea-destructive elements during brainstorming meetings. The method is based on the metaphor of wearing different "hats," with each hat representing a different mode of thinking or viewpoint.

DE BONO SIX THINKING HATS

What do these hats mean?



THE BIG PICTURE & MANAGING



FACTS & INFORMATION



POSITIVE



NEW IDEAS



FEELINGS & EMOTIONS



NEGATIVE

□□ Who

- It is recommended to have between 3 and 6 participants and a facilitator, all with strong knowledge in the relevant idea space .

□□ Running the technique

- The group swaps hats in an agreed order. All participants wear the same hat at each stage of the exercise. For idea creation, the following sequence is recommended.



INFORMATION



NEW IDEAS



MANAGING



FEELINGS



NEGATIVE



FEELINGS



NEGATIVE

- The white hat sets the scene representing the facts and information about the opportunity space.
- The green hat sparks brainstorming of ideas in the opportunity space.

- The blue hat facilitates reflection on the ideas generated, and begins to group them into high level themes
- The red hat provides an opportunity for the group to articulate their intuitive feelings, positive or negative, about the ideas generated and their potential
- The black hat enable the group to surface risks and challenges on the ideas generated and the opportunity space in general.

Additional source

- <https://www.debonogroup.com/services/core-programs/six-thinking-hats/>

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