

A stylized illustration of a person in a dynamic, almost contorted pose. The person is wearing a green and black striped shirt, green pants with white stripes, and green sneakers. They are wearing a yellow beanie, sunglasses, and a green face mask. A yellow line is drawn around their head, and a blue line is drawn around their torso. The background is a solid orange color.

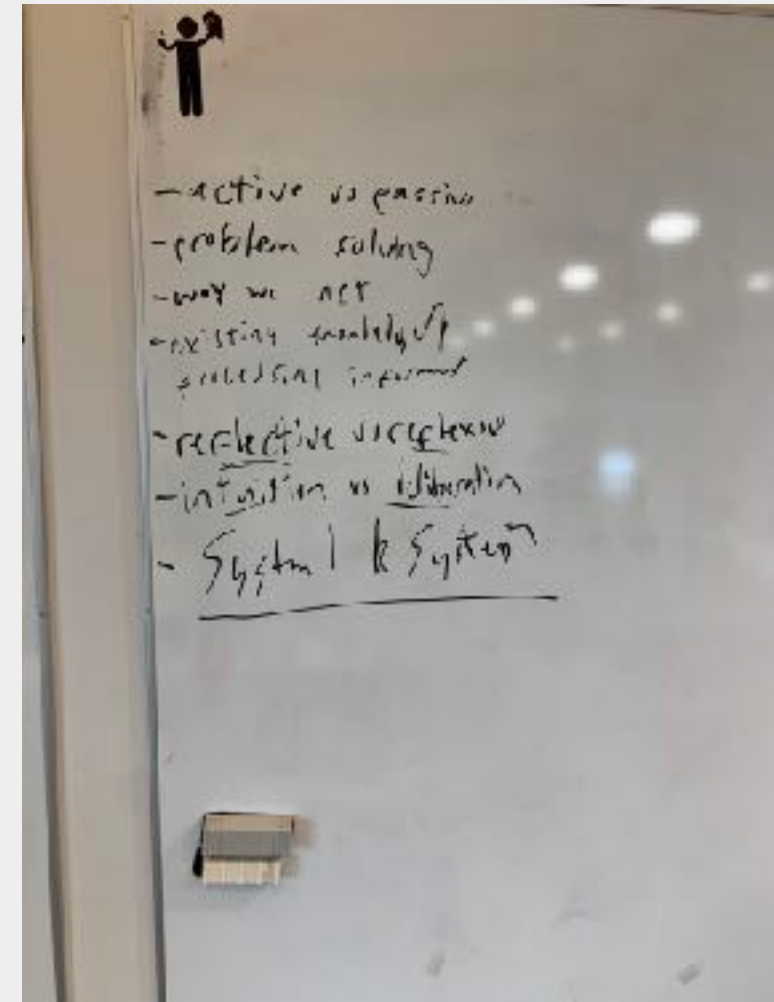
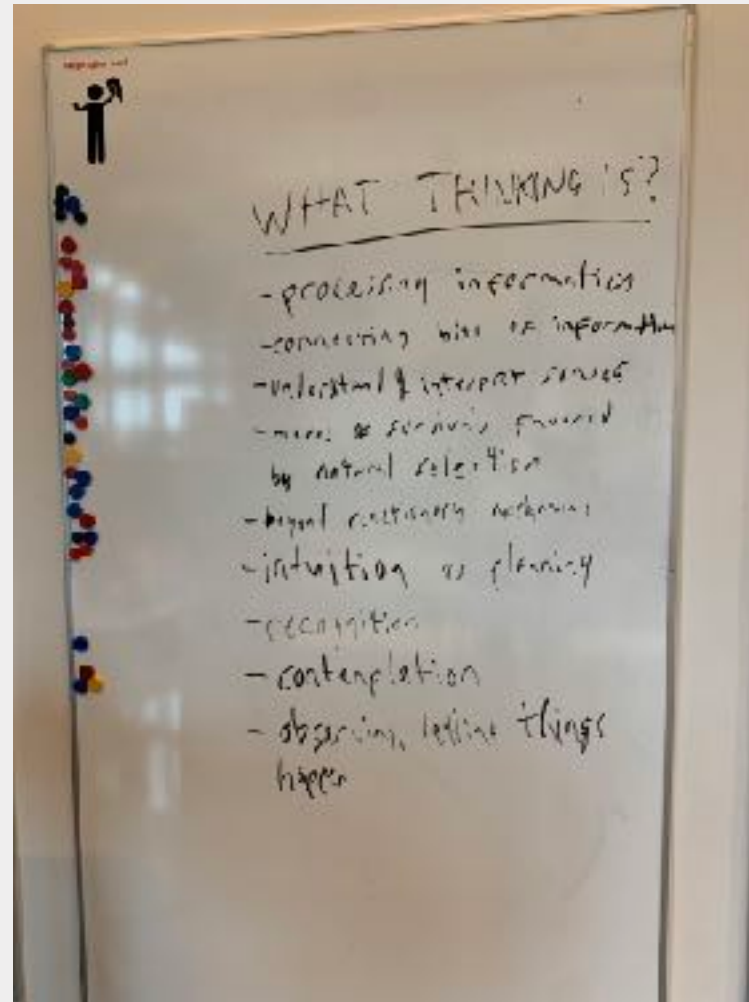
Thinking Tools

Introduction

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What Thinking Is?





How the Course Works

- Five modules: each consists of a **theory** session and a **workshop** session
- Participation in sessions **is mandatory**.
- Two essays on self-reflection:
 - 1st essay: self reflection on your current life situation, 2–3 pages, deadline 18.3.
 - 2nd essay: life development plan by using thinking tools, 5–7 pages of application of course ideas with concrete action steps, deadline 30.4.
- Peer reflection and feedback on two peer essays.



Break

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Thinking Tools

Good Life Tools

Finding your core.

Mind Management

Making space for thinking.

Extended Mind

Expanding thinking through tech & environment.

Creative Thinking

Pushing thinking beyond the boundaries.

Convincing Thinking

Winning others over and thinking together.



Learning Goals

- Learn to identify your **core values, intrinsic motivation factors** and how to build towards a life rooted to your **personal strengths**
- Learn to **externalize and structure activities and goals** in everyday life
- Learn to **set clear goals and create a regular routine of prioritization** and re-prioritization
- Learn to **set up an online database** for externalizing thought and a tag structure to access any information stored in the database even years later in a matter of seconds
- Learn to improve **the quantity and quality of creative ideas** and how to overcome writer's block
- Learn to **argue in a convincing manner**, to identify typical argumentation fallacies and to support and engender dialogue especially in situations involving conflict





Q&A



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Thank You



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