

# Proactive Thinking Strategies

## Training Objectives

This program focuses on:

- Effective thinking strategies which can be used in professional lives of supervisors and managers
- Helping to solve problems that arise through daily activities
- Equipping individuals with the ability to resolve conflicts
- Empowering individuals to use proactive thinking for win-win situation
- Increase personal effectiveness

## Training Outline

### Day 1

- Understanding how the brain works
- Types of Thinking Strategies
- Learning to Synergize and Synthesize
- Adapting to adverse situations
- Identifying Brain dominance
- Understanding the concept of 'Combination of Proactive' and 'Reactive Thinking'
- Introducing P.R.O.A.C.T.I.V.E sequence to conceptualize problems and thinking of solutions
- Quiz to find how much has been learnt

### Day 2

- Control Judgment
- Applying P.R.O.A.C.T.I.V.E in the real world
- Ask Questions
- Change Perspectives
- Problem solving v Solution finding
- Expand Boundaries and 'making the box bigger'
- Make Associations
- Image Consequences
- Quiz to find out how much has been learnt

## Training Methodology

Practical exercises, short lectures, questionnaire, group work and case studies.