

The Process to Develop our Skills

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Learning outcomes:

Develop independent thinking skills and confidence in your own ideas.

What you will need:

- Handout 7 – A process for development
- Handout 8 – What are your strengths?
- Timer

Content and suggested timings:

Introduction	10 min
Beginning to develop independent thinking skills	10 min
A process for development	5 min
What are your strengths	10 min
How long will it take?	5 min
Total duration:	40 mins

Introduction

In this short module we will be looking at what process we need to take to develop our skills in independent thinking.

The process will be different for everyone but there are some clear steps along the way.

In a similar approach to those who spend time developing assertiveness (confident communication) skills or leadership skills, the training course is just a small part of the journey. The training kick starts the learning, but then the important learning and development occurs day after day as you put into practice your newly learned knowledge. This practice day after day then develops your skill and continually increases your confidence.

Here is a challenge for delegates to encourage them to think independently. Ask the question, give them two minutes to come up with an idea on their own without consulting others in the group and then ask the delegates to share their ideas.

Question: What would be the impact if the world was cubed shaped?

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It does not matter what answers the delegates give. This is an opportunity for them to have ideas of their own in a safe environment. Any sort of answer is allowed and it may be that every delegate approaches this question from a different angle. That is absolutely fine and in fact, should be encouraged. You should also encourage delegates to have fun with independent thinking. This is a great opportunity for that.

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