

SERIOUS THINKING OVERVIEW

This is Trilateral's take on a critical thinking course. It is both a response to the existing kind of course on offer and the state of complexity in the world.

Purpose: We assume we are a lot more logical, rational and accurate than we really are. By slowing down and unpacking how the mind works, and the many patterns, shortcuts and quirks it executes, we are able to develop a more deliberate approach to these usually hidden processes. From here, we can begin to practice thinking well, transforming our usual autopilot into deliberate, reflective living.

Duration: This program is made of an introduction and two arcs, with 4 learning blocks in each arc. Each block has 30-60 minutes of digital learning and 20 minutes of post session reflection. Live sessions are between 2-3 hours long. After each arc, there is an integrated task which takes between 2-4 hours to complete, bringing individual strands together into active thinking and problem solving.

- Introduction: 2 hours
- Total individual time: 15 hours
- Total sessional time: 20 hours
 - *Grand total time: 37 hours.*

Ideal Participants: Leaders, decision-makers and professionals that operate in high-stakes, ambiguous environments who are seeking deeper cognitive skills. Best suits for those with some basic leadership theory and ready to take a deeper dive into how your thinking structures every aspect of your experience. For those looking for cognitive, ethical and emotional intelligence.

Format: Digital program with *in-person or digital* interactive sessions. All prelearning and reflection is digital, managed on an online platform.

Outcomes:

- A practical cognitive toolkit for navigating complexity
- A new lens for appreciating and experiencing the mind
- Understanding new modes of intelligence
- Clear strategies for understanding thoughts and information
- Building sustainable mental habits

Roadmap:

Introduction: **Seeing the Cow and Emptying the Cup:** Introduction to perception, bias, and the necessity of openness in thinking.

Arc 1:

1. **Buddha, Tamping Irons, and Disassembling the Cartesian Theatre:** The nature of thought, neuroscience of cognition, and moving beyond dualistic thinking.
2. **Biased, Best, and Good Enough:** Cognitive biases, heuristics, and the mechanics of decision-making and memory.
3. **Free Energy, Physics, and the Meaning of Life:** Predictive processing, entropy, and the role of uncertainty in cognition.
4. **Variety, Identity, and Ambiguity:** Cybernetics, requisite variety, and the nature of adaptive systems.

Half-Way Milestone: **Woods, Trees, and Ecosystems**

An application of what has been covered so far in a real-life scenario project which integrated modular thinking into a wider view.

Arc 2:

1. **Good Robots:** Moral and ethical frameworks in guiding systemic decisions.
2. **Feeling Machines:** The role of emotion in cognition, decision-making, and leadership.
3. **Mirrors, Masks, and Minds:** Metacognition, identity, and adaptive thinking across different contexts.
4. **The Echo and the Signal:** Learning Beyond the Self: Feedback loops, distributed cognition and what the hell is a self?

Final Milestone: **The river, the bridge, the architect and the blueprint:**

A total integration into a two-part task; first focusing on complex problem solving and then on developing a sustainable plan for ongoing cognitive growth.