

The Psychological Aspect of Six Sigma

A perspective from psychology



Employee Empowerment

Six Sigma empowers employees through involvement in problem-solving and decision-making.

Team Dynamics

Six Sigma fosters teamwork and collaboration. There are psychological benefits of belonging to a high-performing team.



Leadership Development

Six Sigma projects help to develop leadership skills.

Stress Reduction

Six Sigma's structured approach reduces workplace ambiguity and stress. Leaders should have a clear framework in promoting mental well-being.



Continuous Improvement Mindset

The psychological shift towards a growth mindset encouraged by Six Sigma improves the organization. There are long-term benefits of this mindset shift on personal and professional development.

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