

# **Ethics and Problem Solving: Pathway to Happiness!**

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## **Abstract**

The presentation and ultimate paper will explore an efficient way for professionals to solve moral dilemmas that confront them in their daily practice. An overview of cognitive psychology will be explored as it relates to how one looks at solving perplexing life issues. Various case studies will be examined to illustrate the efficiency of applying a template based on the Ethics Game (Baird, et. al, 2011) and cognitive psychology. This paper will serve as a springboard to applying Kohlberg's theory of moral decision making to any issue that impedes one's professional career. The purpose of the presentation is to synthesize major psychological theories with the "Ethics Games" and show that any moral dilemma can be solved by using the correct positive mindset, based on psychological theory and superimposing a basic "ethical" template to reach a conclusive decision. A synthesis of the process will be explored step by step and provide a benefit to the educational, business and professional communities. The presentation will culminate in providing examples to the audience for their practice in finding solutions to moral dilemmas.