

Developing Creativity Workshop

Course Duration 1 Day

Children have an innate creative ability when they are born, but for some reason adults can lose it along the way. Your participants will move out of the mundane, be more curious, engage, and explore new ideas. Recognize creativity and be ready when it happens.

With our Developing Creativity course your participants will learn how to remove barriers that block or limit their creativity. They will improve their imagination, divergent thinking, and mental flexibility. Participants will learn mind mapping, individual brainstorming, and when to recognize and look for what inspires them to be more creative.

Course Objectives

At the end of the course participants will be able to:

- Define creativity
- Act with confidence
- Engage in curiosity
- Stop acting out of fear
- Learn from introspection
- Take risks

Course Outline

What is Creativity?

Divergent Thinking
Problem Solving
Imagination and Inspiration
Something Out of Nothing

Getting Inspired

Introspection
Read More
Removing the Mental Block
Art Inspires Art

Beating Procrastination

Get Rid of Clutter
Self-Imposed Limitations
Build on Small Successes
Don't Start at the Beginning

Improving Your Creative Mindset (I)

Open Mind
Do Not Judge
Positive Mindset
Ask Why?

Improving Your Creative Mindset (II)

Make Associations
Keep a Journal
Question Assumptions
Creative Confidence

Curiosity

Spark Your Curiosity
Curiosity is the Engine of Creativity
Engage
Ask Open-Ended Questions

Take Risks

Be Confident
Scared to Fail?
Fake It Till You Make It
Afraid to Be Judged

Think Like a Child

Daydream
Be Curious
Play Games
Experiment

Environmental Factors

Work Area
Additional Environments
Get Enough Sleep
Variables

Individual Brainstorming

Generate A Lot of Ideas
Mind Mapping
Visualization
Organize and Bring Ideas Together