Developing Creativity

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 Outline:

Module One: Getting Started
- Housekeeping Items
- The Parking Lot
- Workshop Objectives
- Action Plans and Evaluations

Module Two: What is Creativity?
- Divergent Thinking
- Problem Solving
- Imagination and Inspiration
- Something Out of Nothing
- Case Study
- Module Two: Review Questions

Module Three: Getting Inspired
- Introspection
- Read More
- Removing the Mental Block
- Art Inspires Art
- Case Study
- Module Three: Review Questions

Module Four: Beating Procrastination
- Get Rid Of Clutter
- Self-Imposed Limitations
- Build on Small Successes
- Don't Start at the Beginning
- Case Study
- Module Four: Review Questions

Module Five: Improving Your Creative Mind Set (I)
- Open Mind
- Do Not Judge
- Positive Mind Set
- Ask Why?
- Case Study
- Module Five: Review Questions

Module Six: Improving Your Creative Mind Set (II)
- Make Associations
- Keep a Journal
- Question Assumptions
- Creative Confidence
- Case Study
- Module Six: Review Questions

Module Seven: Curiosity
- Spark Your Curiosity
- Curiosity is the Engine of Creativity
- Engage
- Ask Open Ended Questions
- Case Study
- Module Seven: Review Questions

Module Eight: Take Risks
- Be Confident
- Scared to Fail?
- Fake It 'til You Make It
- Afraid To Be Judged
- Case Study
- Module Eight: Review Questions

Module Nine: Think Like a Child
- Daydream
- Be Curious
- Play Games
- Experiment
- Case Study
- Module Nine: Review Questions

Module Ten: Environmental Factors

- Work Area
- Additional Environments
- Get Enough Sleep
- Variables
- Case Study
- Module Ten: Review Questions

Module Eleven: Individual Brainstorming

- Generate A Lot of Ideas
- Mind Mapping
- Visualization
- Organize and Bring the Ideas Together
- Case Study
- Module Eleven: Review Questions

Module Twelve: Wrapping Up

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations