

## **Creativity Unleashed!**

This session shows you how to expand your creative powers and apply your skills to even the toughest challenge.

The emphasis of the session is practical rather than theoretical, with the opportunity to try things out for yourself and explore how it can apply to your work.

If you believe greater creativity will improve the quality of your work, then book into this workshop. Be prepared to find out what a strange and wonderful brain you have!

There are a maximum of 16 spaces available for the session with the opportunity for some one-to-one advice after the session.

The session is practical, involving and 'hands-on'. Come with an open-mind and a willingness to express yourself individually and as part of a group.

The session covers:

- An introductory artistic icebreaker
- Why creativity?
- How creative are you?
- Deep thinking and lateral thinking
- Strategic and conceptual thinking
- Stimulating thinking and free association
- Creating the atmosphere and mood for creativity
- How to mind map
- Uses for mind maps
- Avoiding blockages to creativity
- Levels of thinking
- Metaphor, analogy and rich vision
- Ideas generation techniques
- Using your intuition
- When more heads are better than one
- Applications for creative tools and thinking
- Creativity, problem solving and decision-making.