

Developing Creativity Workshop

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.

Workshop Objectives:

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



For more information or to reserve your spot in this workshop, please contact:

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CLASS CONTENT

Session One: Getting Started

Workshop Objectives

Session Two: What Is Creativity?

Divergent Thinking

Problem Solving

Imagination and Inspiration

Something Out of Nothing

Case Study

Session Three: Getting Inspired

Introspection

Read More

Removing the Mental Block

Art Inspires Art

Case Study

Session Four: Beating Procrastination

Get Rid of Clutter

Self-Imposed Limitations

Build on Small Successes

Don't Start at the Beginning

Case Study

Session Five: Improving Your Creative Mindset (I)

Open Mind

Do Not Judge

Positive Mindset

Ask Why?

Case Study

Session Six: Improving Your Creative Mindset (II)

Make Associations

Keep a Journal

Question Assumptions

Creative Confidence

Case Study

Session Seven: Curiosity

Spark Your Curiosity

Curiosity is the Engine of Creativity

Engage

Ask Open-Ended Questions

Case Study

Session Eight: Take Risks

Be Confident

Scared to Fail?

Fake It Till You Make It

Afraid to Be Judged

Case Study

Session Nine: Think Like a Child

Daydream

Be Curious

Play Games

Experiment

Case Study

Session Ten: Environmental Factors

Work Area

Additional Environments

Get Enough Sleep

Variables

Case Study

Session Eleven: Individual Brainstorming

Generate A Lot of Ideas

Mind Mapping

Visualization

Organize and Bring Ideas Together

Case Study

Session Twelve: Wrapping Up

Words from the Wise