LANTERN TRAINING

Developing Creativity

"Creativity involves breaking out of expected patterns in order to look at things in a different way." Edward de Bono

Children have an innate creative ability when they are born, but for some reason adults can lose it along the way. Though some people are naturally creative, everyone can develop their creative skills. The current volatile business environment calls for organisations to constantly think of new ways of doing things in order to maintain their competitive edge. Managers and teams therefore need to apply a range of creative thinking techniques in order to generate ideas and solve problems at work.

With our Developing Creativity Course, participants will learn how move out of the mundane, be more curious, engage, and explore new ideas, as well as remove barriers that block or limit their creativity. They will improve their imagination, divergent thinking, and mental flexibility. Participants will also learn mind mapping, individual brainstorming, and when to recognise and look for what inspires them to be more creative.

Course Objectives and Content

KEY LEARNING OBJECTIVES

1. Inspire new ways of thinking in order to constantly generate new ideas within the business.
2. Recognise how to use a range of creative thinking tools and techniques to generate ideas and solve problems.
3. Develop and apply a creative mindset in order to improve areas of individual work.
4. Recognise how to break thought patterns and assumptions as barriers to creativity.

WHO IS THIS FOR?

This course is suited for everyone in any organisation!

COURSE CONTENT

1. What is creativity? Divergent thinking, problem solving imagination and inspiration, something out of nothing.
2. Getting inspired; introspection and removing the mental block.
3. Beating procrastination; get rid of clutter, self-imposed limitations, build on small successes, don't start at the beginning.
4. Improving your creative mindset; open mind, do not judge, positive mindset, ask why.
5. Building creative confidence; make associations, keep a journal, question assumptions.
6. Curiosity; spark your curiosity, curiosity is the engine of creativity, engage, ask open-ended questions.
7. Take risks; be confident, scared and fail? Fake it till you make it, afraid to be judged.
8. Think like a child; daydream, be curious, play games, experiment.
9. Environmental factors; work area, additional environments, get enough sleep, variables.
10. Individual brainstorming; generate a lot of ideas, mind mapping, visualisation, organise and bring ideas together.

Call us now on the numbers below

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