

## DEVELOPING CREATIVITY

Generate a [group quote](#) today



**COURSE LENGTH: 1.0 DAYS**

Do you sometimes struggle to think creatively or suffer from mental blocks when trying to come up with new ideas? Our new Developing Creativity training course was designed to help you bring back your inner child and access the creative thinking process you were born with.

In this course participants will be exposed to techniques like mind-mapping, using gamification, using positive affirmations, confronting negative thoughts and ways to remove mental blocks. After attending this inspiring training course you will have a better understanding of what drives creative thinking and how to engage the creative thinking process.

This engaging and highly motivational training course is now available throughout New Zealand, including Auckland, Wellington and Christchurch.

Please click the In-House Training tab to receive a free quote for courses delivered at your preferred location.

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## DEVELOPING CREATIVITY COURSE OUTLINE

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### FOREWORD

As part of the creative thinking process you will be taught techniques that will inspire you to be more creative in all aspects of your life. Learning how to stay positive, how to conduct free-form mind mapping and keeping lists of your ideas will help you stay in the creative mindset when required. Participants will learn a number of techniques to use personal and external motivators to help you create new ideas.

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### OUTCOMES

- ▶ Define Creativity
- ▶ Using Your Imagination
- ▶ Finding Real Inspiration
- ▶ Intrinsic vs Extrinsic Motivations
- ▶ How to “Gamify” Your Ideas
- ▶ Overcoming Mental Blocks
- ▶ Removing Procrastination
- ▶ How to Think Like a Child
- ▶ Removing Fear of Failure

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### MODULES

#### Lesson 1: Getting Started

- ▶ Workshop Objectives

#### Lesson 2: What Is Creativity?

- ▶ Divergent Thinking
- ▶ Problem Solving
- ▶ Imagination and Inspiration
- ▶ Something Out of Nothing
- ▶ Case Study
- ▶ Module Two: Review Questions

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### Lesson 3: Getting Inspired

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

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### Lesson 4: 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

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### Lesson 5: Improving Your Creative Mindset (I)

- ▶ Open Mind
- ▶ Do Not Judge
- ▶ Positive Mindset
- ▶ Ask Why?
- ▶ Case Study
- ▶ Module Five: Review Questions

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### Lesson 6: Improving Your Creative Mindset (II)

- ▶ Make Associations
- ▶ Keep a Journal
- ▶ Question Assumptions
- ▶ Creative Confidence
- ▶ Case Study
- ▶ Module Six: Review Questions

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### Lesson 7: Curiosity

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

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### Lesson 8: Take Risks

- ▶ Be Confident
- ▶ Scared to Fail?
- ▶ Fake It Till You Make It
- ▶ Afraid to Be Judged
- ▶ Case Study
- ▶ Module Eight: Review Questions

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### Lesson 9: Think Like a Child

- ▶ Daydream
- ▶ Be Curious
- ▶ Play Games
- ▶ Experiment
- ▶ Case Study
- ▶ Module Nine: Review Questions

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### Lesson 10: Environmental Factors

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

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### Lesson 11: Individual Brainstorming

- ▶ Generate A Lot of Ideas
- ▶ Mind Mapping
- ▶ Visualisation
- ▶ Organise and Bring Ideas Together
- ▶ Case Study
- ▶ Module Eleven: Review Questions

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## WEB LINKS

- ▶ [View this course online](#)
- ▶ [In-house Training Instant Quote](#)