

## DEVELOPING CREATIVITY TRAINING

Generate a [group quote](#) today



**COURSE LENGTH: 1.0 DAYS**

Creativity within your staff should be fostered internally because innovative products, services and solutions usually come from creative minds. Our Developing Creativity training course was designed to help you access and develop the creative thinking process you were born with.

This class covers the following topics: what is creativity, using your imagination, how to overcome mental blocks, procrastination and fear of failure, gamification of ideas, what drives creative thinking, mind mapping, visualization and other brainstorming techniques, finding your inspiration and much more.

This comprehensive training course is now available across the U.S., including Atlanta, Austin, Baltimore, Birmingham, Boston, Charlotte, Chicago, Dallas, Houston, Jackson, Los Angeles, Manhattan, Miami, Orlando, New York, Philadelphia, San Antonio and Seattle.

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## DEVELOPING CREATIVITY TRAINING 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

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#### Lesson 1: Getting Started

- ▶ Workshop Objectives

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#### 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 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 9: Think Like a Child

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

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### Lesson 11: Individual Brainstorming

- ▶ Generate A Lot of Ideas
- ▶ Mind Mapping
- ▶ Visualization
- ▶ Organize and Bring Ideas Together
- ▶ Case Study
- ▶ Module Eleven: 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 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 10: Environmental Factors

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

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### Lesson 12: Wrapping Up

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## WEB LINKS

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