

CREATIVITY

Spark creative thinking and fresh ideas

◆ ABOUT THE COURSE

Creativity is innate in all of us, but we can prevent it from flourishing. The stresses and pressures we encounter at work can hold us back from being fully creative. Yet creativity is an unparalleled asset in helping us come up with bright and useful solutions.

In this session, we will teach you several simple tools for developing creativity that you can apply to your work. You will leave this session with increased confidence in your own ability to come up with fresh ideas.

◆ SESSION AGENDA

- 01 Understanding Creativity**
Explore what creativity is, why it matters at work and how it can be developed.
- 02 Creating the Right Mindset**
Develop the habits and mindset that support creative thinking and fresh ideas.
- 03 Solving the Right Problems**
Learn how to identify the real challenge before jumping to solutions.
- 04 Generating Better Ideas**
Explore practical approaches to thinking differently and developing innovative solutions.
- 05 Learning Through Experimentation**
Build the confidence to test ideas, learn from setbacks and drive continuous improvement.

◆ INTERACTIVE EXERCISES

What Is Creativity?

Identify which images represent creativity and challenge assumptions about what creativity is.

What Else Could This Be?

Brainstorm alternative uses for an object to practise out-of-the-box thinking.

Focus Question

Form a well-crafted focus question for a real challenge you face at work.

Random Stimulus

Use a random object's attributes to spark ideas for a workplace challenge.

◆ LEARNING OUTCOMES

- ◆ Learn how to think creatively and generate innovative ideas.
- ◆ Develop techniques to help you with divergent thinking, brainstorming and exploring alternative perspectives.
- ◆ Leave with practical tools and frameworks to apply to creative problem-solving in the workplace.

FACILITATED SESSION

This is a facilitated, discussion-led workshop rather than a lecture. Your coach guides the group through practical exercises, encourages open discussion, and creates an engaging environment where participants can share experiences, challenge their thinking and learn from one another.