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## Accessing your Creativity

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**Trainer:** Mark Edwards / Svenja Neupert

**Duration:** 1 day / 2 days

**Language:** English / Deutsch

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### *Unlocking your Creative Power*

More and more, creativity in problem-solving is cited by industry leaders as the key quality they look for in their top management teams.

Do you think it is possible to learn to be creative or do you think it is something you have got, or you haven't got? Do you wish you could be more creative? Do you get 'stuck' when trying to think of new ideas?

This course is designed to help you access your innate creativity. Using a wide variety of media and exercises in verbal, visual and physical formats, you will learn skills and techniques that will allow you to generate original and powerful new ideas – to become more creative and to free your mind to develop new ways of thinking, innovating and solving problems.

### **Content**

- Preparing for creativity: Setting the right conditions
- Giving birth to creative ideas: A toolkit of techniques
- Creative writing: Re-scripting the universe
- Creative visual work: Picture your solution
- Overcoming creative blocks: Conquering the tyranny of the blank page
- Creative problem-solving: Five powerful methods
- Integrating and developing your creative ideas: Pulling it all together

### **Methods**

The seminar comprises inspirational input, lively and challenging exercises, small group work and group discussion. An exciting learning atmosphere is created, and sustainable results obtained.