


ARTS &

ORIGINALITY

The Hidden Benefits

Of uncertainty



**“Diversity / diverse
thinking & expression
is giving the world
meaning and truth.”**

#artdefeatsfear

Short term / today's benefits

- ▶ Clearer insights
- ▶ Inspiration
- ▶ Extended knowledge
- ▶ Solid and helpful toolkit
- ▶ Stress reduction
- ▶ Artistic productivity and development
- ▶ Better professional choices
- ▶ Enhanced problem solving skills

Long term benefits

- ▶ **Changes in behavioural and habitual patterns**
- ▶ **Flowing creativity**
- ▶ **Change of mindset – Helpful and productive attitude**
- ▶ **Confidence in yourself and your work**
- ▶ **Positive impact on your professional circles**
- ▶ **Personal contentment and fulfillment**
- ▶ **Organically obtaining acknowledgment and rewards**