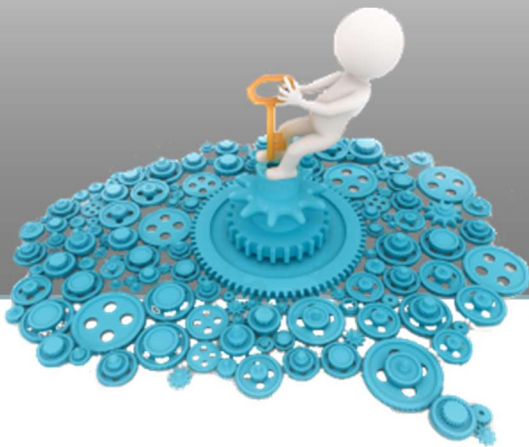


# Developing Creativity

Training Manual

L'esprit Training Centre



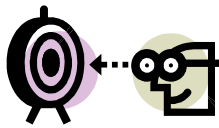
*An essential aspect of creativity is not being afraid to fail.*

***Edwin Land***

## Module One: Getting Started

Creativity and innovation will improve your chances of success in business and in life. Fortunately, there are steps that can be taken to inspire you and develop your creative mindset. By changing the way that you think and overcoming your fear of risk, you will improve your creativity and change your life. Implementing the guidelines in this module is the first step to forever changing your creative process.

### Workshop Objectives



Research has consistently demonstrated that when clear goals are associated with learning, it occurs more easily and rapidly. With that in mind, let's review our goals for today.

At the end of this workshop, participants should be able to:

- Define creativity
- Act with confidence
- Engage in curiosity
- Stop acting out of fear
- Learn from introspection
- Take risks