

## BEING CREATIVE



### WHAT IS THIS SKILL?

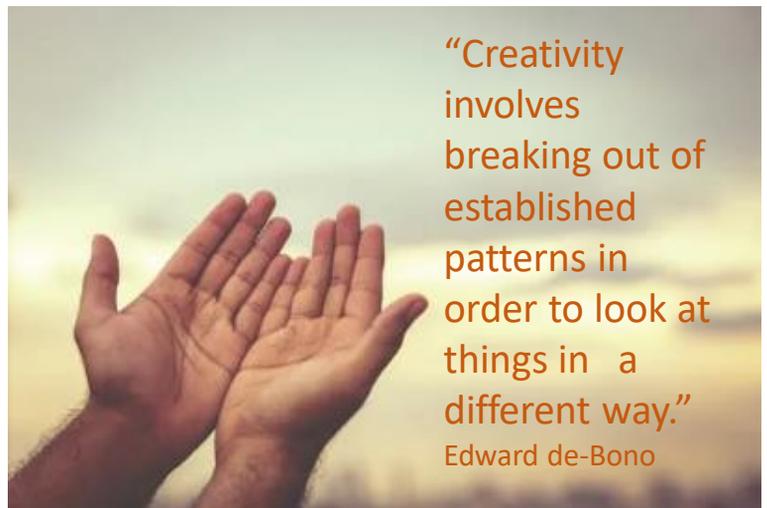
Have you ever heard yourself say *“I’m just not very creative”*?

The truth is, everyone has the ability to be creative and there are many different forms of creativity.

Yes, we often associate creativity with the arts and music, but you can become creative in a range of different areas and learn to look at things from a different perspective.

In the workplace employers need staff who can come up with unique creative ideas, solutions or strategies.

So whilst you may not have natural creativity skills in some areas, being creative is something that can be learned and developed with time!



To begin, rate yourself on how creative you think you are.



**PROBLEM SOLVING**

Rate yourself

**Being Creative**



1

Not great



2

Need help



3

OK



4

Improving



5

Mastering



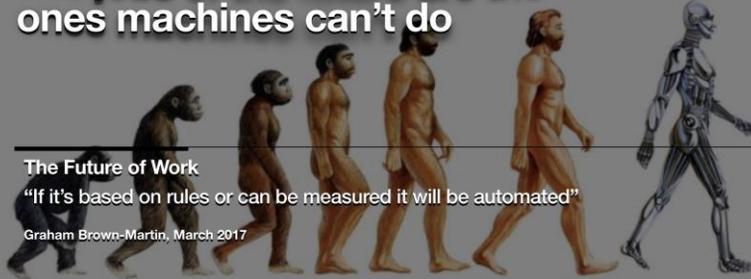


## WHY THIS SKILL IS VITAL FOR WORK

In a world where technology and the Internet is changing our world, it is commonly said that, the modern day youth lack creativity. However, many young people are learning new creative skills in gaming, coding and through social media. These skills are needed today more than ever!

“

**The jobs of the future are the ones machines can't do**



The Future of Work

“If it's based on rules or can be measured it will be automated”

Graham Brown-Martin, March 2017

- **Creative endeavours**  
inc. creative writing, entrepreneurship, and scientific discovery
- **Social interactions**  
robots do not have the kinds of emotional intelligence that humans have
- **Physical dexterity & mobility**  
millennia of experience hiking mountains, swimming lakes, and dancing—practice gives humans extraordinary agility and physical dexterity

**Three areas where humans beat machines that are key to job creation**

With rapid developments in artificial intelligence, any job that can be automated risks being done by machines and robots. However, since creativity is a human quality that robots cannot match, it's one of the key things which we have as an advantage and is more important than ever to develop and cultivate the skill of thinking, being and performing creatively.

Learning to become more creative at work is important if you are working in a company which is trying to increase efficiency and come up with new solutions to problems.

Even by providing a unique perspective on a task you can massively help your team.

If you want to become more creative – hang out with people who are creative !



Creativity is a skill of the future! The World Economic Forum has stated that by 2020, creativity will be the third most in-demand skill!

### **The “20% rule”**

Most of the biggest and successful businesses in the world use this method: Employees are encouraged to set aside 20% of their work time to explore new ideas and thinking creatively.



Learning to be more creative can make your life more interesting. It makes as much of a difference as seeing the world in colour!

Being creative engages the mind and connects us to ourselves, allowing to recognise our uniqueness and identity, which is very important for wellbeing and success.

Being creative is important for your personal life because through it you:



✓ **Find good solutions to problems**

Since you look at a problem with many possibilities and different angles, you're likely to choose the best one as you have considered many options.

✓ **Are open and empathetic.**

When you think creatively you think alternatively and consider different views and options and that can include the opinions of others.

✓ **Live a longer and better life.**

Studies show that creative people are able to react to stress, finding solutions to obstacles instead of seeing them as barriers they cannot overcome. Even when there are problems there can be creative answers!

✓ **Increase your wellbeing.**

Creative minds are more active and motivated, which elevates your mood. Creative expression gives you a voice which can give you greater confidence.

✓ **Learn more.**

A creative mind is more free, therefore it can take in knowledge easier and learn efficiently and always be more curious



# How can I master this skill?



## 10 things to boost your creativity:

- 1. Exercise.** Any exercise or movement increases blood flow which stimulates your brain. A Stanford University study has found that walking boosts your creativity. It's no wonder that many teams have walking meetings!
- 2. Spend time in Nature.** Not only is spending time in nature good for our overall wellbeing but it boosts our creativity.
- 3. Sleep well.** We all know getting enough good quality sleep is important for your physical and mental health, but it also helps our brain connect with ideas, which helps creative problem-solving.
- 4. Change your surroundings.** Even something small as changing something in your room or having a different drink than usual can spark creative thoughts.
- 5. Spend time with creative people.** This will not only give you new ideas, but you can also bounce ideas of each other!
- 6. Focus on something you like.** By choosing a topic or hobby you love and becoming an expert in it. Since you'll have gained so much knowledge and inspiration, you'll be able to use it creatively.
- 7. Ask for Advice and Feedback.** It's always good to ask for advice and feedback but especially if you feel stuck on something.
- 8. Set time aside for being creative without distractions!** A range of studies found that even by telling yourself or others to be creative works! Try this by setting aside 30 minutes or more without any distractions (no phone!).
- 9. Travel** Travelling is very inspiring, which is sure to spark creativity.
- 10. Be bold** Step out of your comfort zone and find a challenge or a viewpoint that is unconventional and explore it.

## Three things that diminish creativity:

### 1 Fear of failure

Mistakes are part of the journey and most successes come from mistakes. Don't be afraid to make mistakes!

### 2 Lack of confidence

Start by telling yourself you can be creative (Everyone CAN be) and you WILL be!

### 3 Over thinking or not thinking!

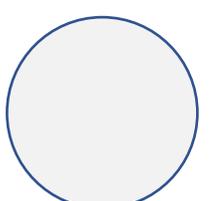
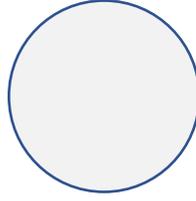
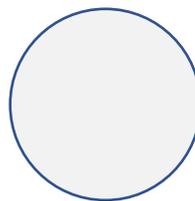
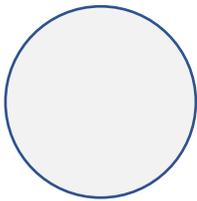
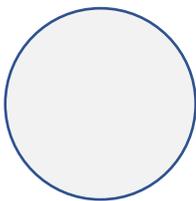
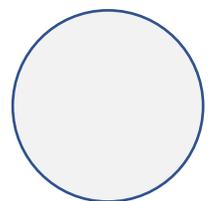
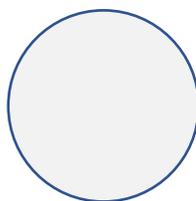
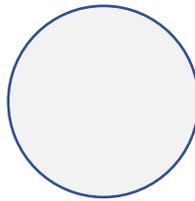
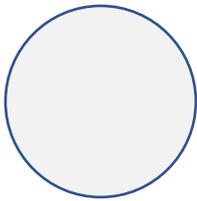
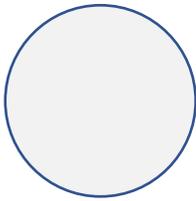
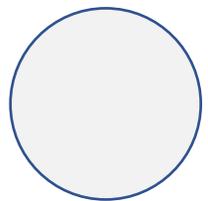
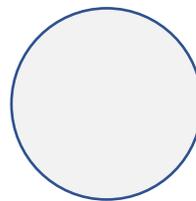
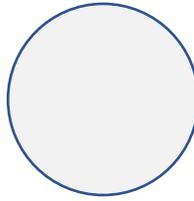
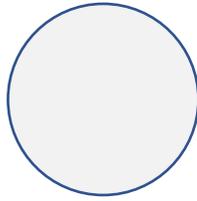
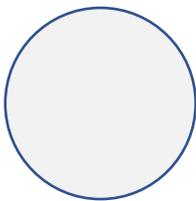
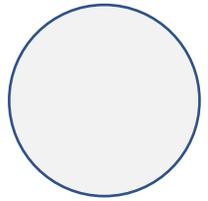
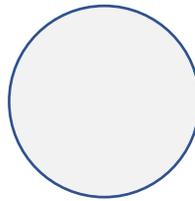
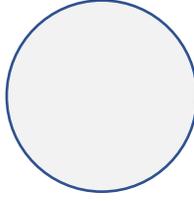
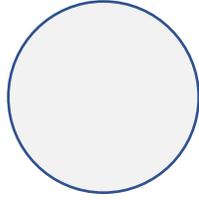
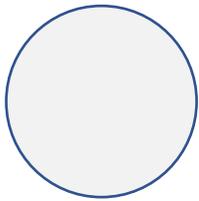
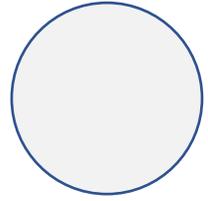
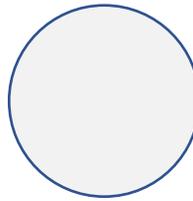
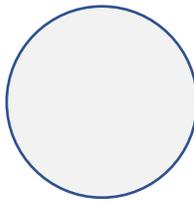
You can overthink something, leading to a block, or just accept straight away without considering other options. If you struggle with this, try to find a balance between the two by setting a time limit as for when to take action.



## THE 25 CIRCLE CHALLENGE

This activity helps boost creativity by pushing you to think quickly and creatively. **The challenge is to make as many circles into drawings as possible in 1 minute.** (For example a bike wheel or a compass as shown below)

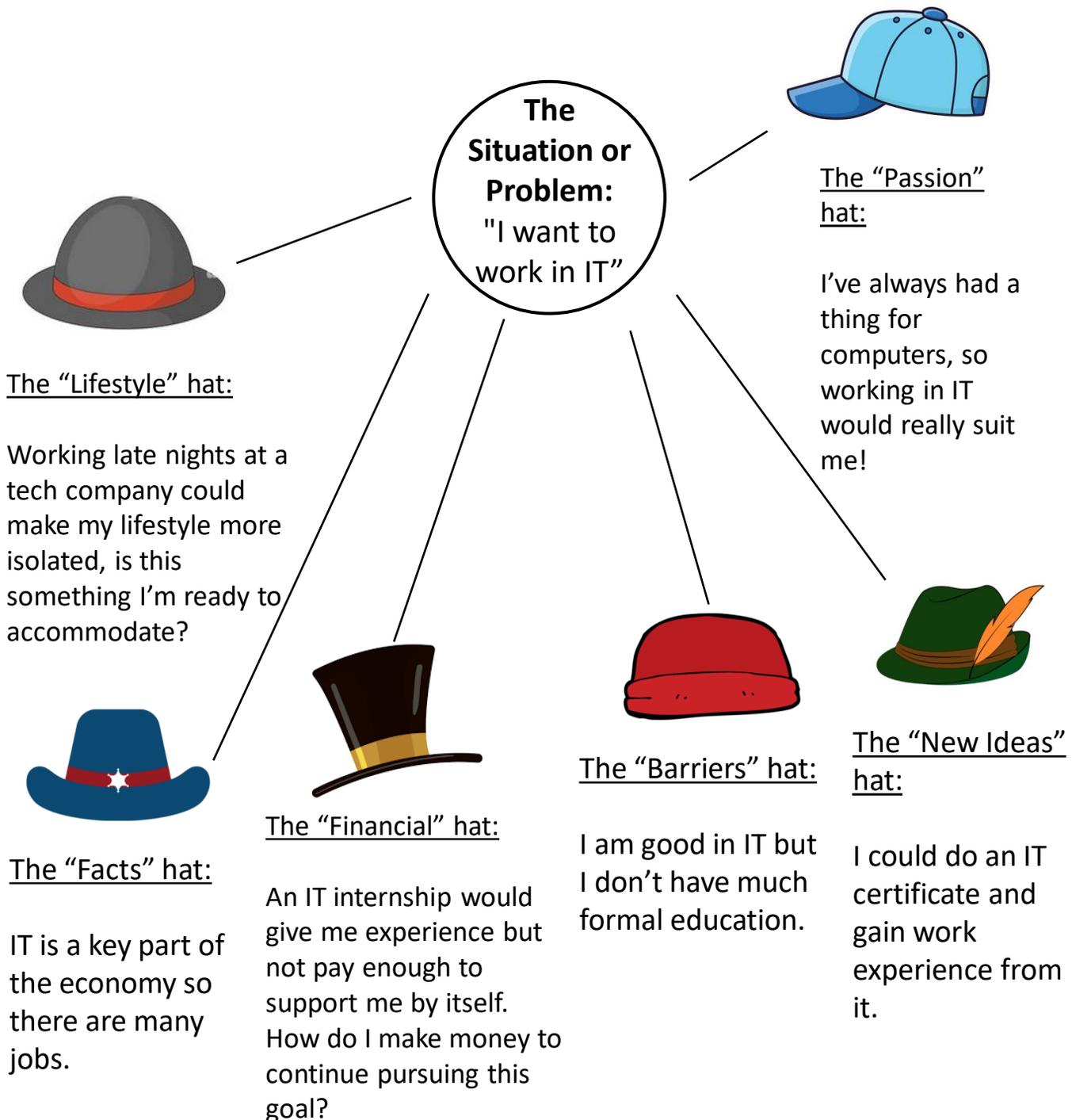
You can do the test as many times as you want and challenge yourself to break your record every time. The 25 Circle Challenge helps spark creativity as it forces you to embrace multiple ideas and think fast, experimenting with ideas without rejecting them. This is good because it's common to constantly self-edit and stop to analyse if something is a good idea.



## The Six Thinking Hats Technique

This technique is great for thinking creatively, finding a solution to a problem or if you want to look at something in a different ways.

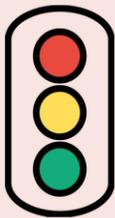
Do this by thinking of six different “hats”, each with a unique perspective. For example:



# LEARNING BY DOING



1. To continue being better at **Being Creative** what am I going to



stop doing? .....

continue doing? .....

start doing? .....

2. Who is going to help me keep on track?

.....

3. How will I see the difference?

one week .....

one month .....

one year.....



4. Who will I share my knowledge of this skill with?



.....



5. Which Character Strengths will I need? Highlight them below!

Appreciating Others	Bravery	Creativity	Curiosity	Fairness	Forgiveness	Gratitude	Honesty
Hope	Humility	Humour	Judgement	Kindness	Leadership	Love	Love of Learning
Perseverance	Perspective	Prudence	Self Regulation	Social Intelligence	Spirituality	Teamwork	Zest

Learn more about Character Strengths at [www.facework.online](http://www.facework.online)

6. What would you change, add or remove to improve this worksheet ?

send suggestions to [info@facework.online](mailto:info@facework.online)