

SELECTED PAGES
and
CREATIVITY TECHNIQUES
From
- FOCUS ON CREATIVITY -
THE BOOK

CREATIVITY WORKOUTS

Creativity is our toolbox to carry around from one continent to the other.

ESSENTIAL TOOLS
OF THIS TOOLBOX FOR THE 21ST
CENTURY SURVIVAL.

Originality

Global networking

Gut instincts

Seeing the bigger picture

Solving puzzles

Patiently putting pieces together

Synthesis



LIVING WITH:

"Yes, Of Course / Because / And Also"

Play this creativity game of improvisation:

- ➡ Stay spontaneous, make it up as you go along and improvise.
- ➡ Go with the flow and accept the idea presented to you by your teammate.
- ➡ What is more, defend the idea passed on to you by your teammate.
- ➡ Your teammate looks good because of your support; so do you as a team player and a problem solver!
- ➡ Then, continue and build on the idea from your angle, knowing full well that the next team mate will support your idea and build on it, too.

This creative pattern is very different than the yes / but style.

How?



Remember:



**THE NEGATIVE RUMINATIONS
ARE THE LEMONS OF YOUR MIND;
THEY LEAVE A SOUR TASTE!**

Some Personal Adaptations of Thought Stopping Technique:

- ➡ An engineer used the "delete button" on the computer to get rid of the imaginary unwanted thoughts and images.
- ➡ A housewife effectively used an imaginary "Raid Spray, a pesticide, to get rid of her mental bugs".
- ➡ A policeman said: "when I shout stop at my thoughts; I am ordering the thieves playing with my mind to freeze up, or else; they know I mean it, too!"
- ➡ A university student used an imaginary balloon, filled it up with the negative thoughts, and then with a prick of a needle popped up the balloon each time obsessive thoughts intruded.
- ➡ A cab driver used the traffic lights: so, the green light stood for the acceptable thoughts, the yellow light meant be aware of the thoughts, and red light signalled thoughts to stop.
- ➡ A school teacher, while playing with the game called "packman", would see all negative thoughts (the enemy) being gobbled up by the packman (the hero) on the computer screen.
- ➡ A young aerobics instructor used the image of "punching" the life out of negative thoughts during kickboxing sessions.

....and always we remember,

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A Lesson In Perspective !

The name of the game:

Bouncing Back

using

Resilience... Hope...Sense Of Humor...Perspective...

underlined by

creativity



The skills stimulated in

CREATIVITY AND INNOVATION

workshop offered

by Dr. Aznavour, are meant to be applicable to company leaders, managers as well as their employees.

To this workshop we ask you to bring your unique personality, untouched. Be ready to get your creative buttons activated. The aim is to add essential abilities to your daily habits that invite curiosity, spontaneity, flexibility of the mind, harmony and a delightful free-spirit.

Our focus will be to promote an increased tolerance to ambiguity, an increased motivation to innovate and to persevere in problem solving along with openness to new experiences.

Workshop Outline

The major themes of this one-day workshop include:

FOCUS ON CREATIVITY: A kaleidoscopic view of creativity - literally!

SAMPLE WORKOUTS: Right or Left Brain Dominant?

Find out how to:

- ➡ **STRETCH** the Muscles of Your Right Brain
- ➡ **WAKE- UP** your Whole brain
- ➡ **GET** addicted to Creativity Techniques

AN INNOVATIVE MIX: Be ready for:

- ➡ A Pinch of Obsession
- ➡ A Touch of Impulsivity
- ➡ An Abundance of Passion
- ➡ A Dash of Naïveté
- ➡ A Dose of Pragmatism

360° SCANNING: Moving Towards Positive Stimulation & Away From Mental Fixation

EXERCISES: Learning Through Experiencing
