

**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





## THE VERB "CREATE":

- ➡ Comes from Latin
- ➡ Combining, changing and rearranging already existing pieces  
to form new realities
- ➡ Seeing realities as interim arrangements
- ➡ Accepting that nothing is carved in stone

## A KALEIDOSCOPE:

- ➡ Is used as a metaphor.
- ➡ Literally twists and turns realities.



*"Daddy, daddy look  
God is taking pictures! "*

Ready, get set: Look around with the child's innocent eyes...think of something different when you see *anything*.....

*Play this game, daily!*

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**!■ 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.

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

How?











# Play with the Computer

## Do an Internet Search


In the internet, over the "search box" of your search engine you will see:

WEB    **IMAGES**    GROUPS    NEWS    LOCAL    MORE

- ▶ Usually we do our search in the internet using the "WEB" option.
- ▶ Now, do your search clicking on the "**IMAGES**" option and then relax and let the images bring the creative ideas to you.
- ▶ Next time around do your search clicking on "**MORE**" and see what happens!



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.













*Remember:*

*When it is darkest, the stars come out really shining !!*

*....and always we remember,*

*opportunityisnowhereopportunityis  
nowhereopportunityisnowhereoppor  
tunityisnowhereopportunityisnowhe  
reopportunityisnowhereopportunity  
isnowhereopportunityisnowhereopp  
ortunityisnowhereopportunityisnow  
hereopportunityisnowhereoportuni  
tyisnowhereoportunistyisnowhere*

*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.

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## *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



SAMPLE