



JUMPSTART YOUR CREATIVITY

10 Jolts to Get Creative
and Stay Creative



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Department

INTRODUCTION



What is Creativity?

Creativity is the ability to generate new ideas, solutions, or artistic expressions. It is the process by which one utilizes creative ability. It can also be referred to as thinking outside the box and challenging conventional ways. The process of making a new innovation from already pre-existing ideas, without producing exactly the same result, but making it better than its original form.

Why Creativity Matters?

Creativity drives innovation and problem-solving. It is essential for personal growth and professional success. Helps businesses stay competitive.



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Myths and Misconception about Creativity



Common myths

- Creativity is only for artists."
- "You have to be born creative."
- "Creativity can't be learned"

Reality

- Everyone has creative potential.
- Creativity can be nurtured and developed.
- Practical techniques and habits can improve creativity.





The Creative Process



Preparation

{ Gathering knowledge,
inspiration, and research. }



Incubation

{ Letting ideas simmer
subconsciously. }



Illumination

{ The “Eureka” moment
when ideas click. }

Verification

{ Refining and testing
creative ideas. }

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Overview of the 10 Jolts

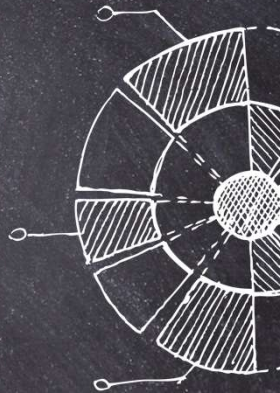
These are strategies to boost and sustain creativity.
Practical tools and exercises to spark fresh ideas.

Why These Jolts Work

- They challenge thinking patterns.
- They encourage experimentation.
- They help overcome mental blocks

- Change your view
- Break the Rules
- Take Risks and Embrace Failure
- Surround Yourself with creative People
- Develop a creativity Ritual
- Ask More Questions

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- Step Outside Your Comfort Zone
- Use Constraints to Your Advantage
- Apply Playfulness & Humor
- Take actions and execute Ideas



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Change Your View

1

Creativity flourishes when you look at things differently. Change your workspace or routine. Engage in different perspectives (talk to people outside your industry).



Break the Rules

2

Creativity often comes from challenging norms. Question traditional ways of doing things. Brainstorm without limits. Use the “What if?” technique (e.g., “What if we did this completely differently?”).

Take Risks & Embrace Failure

3

Failure leads to discovery. Learn from mistakes. Failure is part of life, if you don't fail certain things you won't learn and if you don't learn you'll never change

We cannot solve our problems with the same thinking we used when we created them

4

Surround Yourself with Creative People

Collaboration sparks innovation. Productivity can never emerge from a non-collaborative team. Unity is strength



EVERYTHING
BEGINS
WITH
AN IDEA

5

Develop a Creativity Ritual

Set a routine for idea generation (journaling, brainstorming sessions). Often the information circulating around you at work and at home can be source of inspiration

6

Ask More Questions

Creativity thrives on curiosity.

7 Step Outside Your Comfort Zone

Try new challenges, learn new skills, trainings. Contact the HR Department for any training available, everything or skill you want to learn has been prepared by someone else to solve a specific problem. Continuous improvement is better than delayed perfection

8 Apply Playfulness & Humor:

Fun fosters fresh ideas.

9 Use Constraints to Your Advantage:

Limits force innovation (e.g., small budgets spark creative problem-solving).

10 Take Action & Execute Ideas

Take Action & Execute Ideas:

CONCLUSION

ACTIONABLE STEPS

Start small pick one jolt to apply today.

Keep an open mind and experiment.. Don't fear failure; see it as part of growth Creativity is a skill you can develop it is not .



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BE CR8TIVE

THANKS FOR YOUR ATTENTION