

fast▶▶track

Helping Adults Identify and Get on the Right Career Path

Career Management Skills

creativity Creativity

01 Introduction

02 Career
education &
creativity skills

03 Ideas to
improve your
creativity

04 Practicing
creativity



Inspirational quotes

01 | Defining **creativity** through **soft skills**

Before defining creativity, we have to explain **what soft skills are**: people skills, social skills, communication skills, character or personality traits, attitudes, career attributes, social intelligence and emotional intelligence.

Watch this video to get a better idea!



... so we can now say that
CREATIVITY is:

- An ability that brings inspiration
- helps develop new ideas
- boosts problem-solving
- combine knowledge & resources
- improves teamwork

which is divided into 2 types:



Artistic creativity
Problem-solving



Creative

Creative people will find new and innovative perspectives in their day-to-day and working life



Applying creativity in your daily routine



Creativity In your life

- Change up a daily routine
- Spend more time 'thinking'
- Switch media outlets to more positive news
- Devote time without electronics
- Connect with people

Control barriers

- Limit beliefs and myths about creativity
- Not being able to see from different perspective
- Being stuck into the details
- Overthinking, being blocked, lack of time and sleep
- Criticism, fear to be rejected
- Rules, policies and procedures



Career education & Creativity skills

It can sometimes be difficult but when it is properly done it can be the innovation necessary to bring your career or entrepreneurship to the next level.

BENEFITS

- **Varied perspective**
- **High-quality work**
- **Creative problem-solving**
- **Flexible and different**
- **Adaptability**



03

Ideas to improve your creativity

Improve your presentations

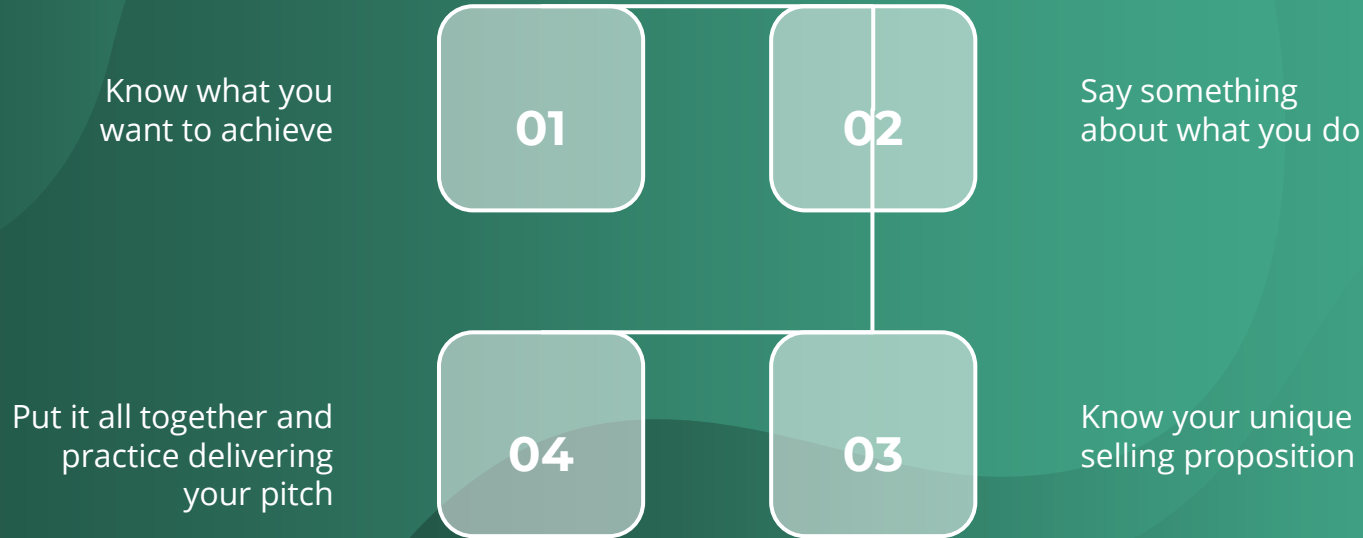
Developing **PRESENTATION** skills is important for improving communication and creating positive experiences & developing **QUALITY PRESENTATIONS** will also be crucial to keep the audience interested.

- 90% of the information transmitted to us is visual
- 80% of people are more likely to read content that has colored visuals
- View rates (online) increase by 94% when content is accompanied by images
- Presentations with visual elements are 43% more persuasive than those without



The elevator pitch

It is a brief and concise speech that tells about who you are, what you do and what you want to achieve



1001 Ways

In this brainstorming activity students write the names of everyday objects on slips of paper and place them in a dish/box/hat. Students must then each draw one slip of paper and think of as many new uses for the object as possible. Students have one minute to describe them to the class and then classmates may add additional uses.

04 Practicing creativity

The Power of Play

You can read about “the power of play” in the workplace and have students work in groups to invent their own games or activities for the class to try.



Click here to learn more about other aspects of CREATIVITY!

[Give yourself permission to be creative](#)



[Creative games & exercises](#)



[Creativity at work](#)



[Creativity podcasts](#)



Inspirational quotes

Creativity inspires collective thinking

Creativity allows us to view and solve problems more openly and with innovation

Creativity brings people together and can nurture skills in teamwork and cooperation

Creativity keeps the mind active

Creativity supports resilience

A society that has lost touch with its creative side is an imprisoned society. It broadens our perspectives and can help us overcome prejudices

Creativity is seeing what others see and thinking what no one else ever thought - Albert Einstein



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