

Unleash and Advance Your Creativity

GoSkills online course syllabus

Skill level

Beginner

Lessons

18

Pre-requisites

No prior experience needed

Video duration

47m

Estimated study time

47m 13s

Instructor

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Introduction

1 Everyone is creative

Creativity is a human birthright that many have forgotten since childhood.

What is Creativity?

2 The mindset of creativity

Many people believe that we're not creative.

3 Generating ideas

Creativity is a two-step process, and the first step is learning to adapt your thinking to see things more creatively.

4 The making of things

The second piece to creativity is all about learning how to make things in an iterative fashion while remaining open to mistakes and messiness.

Remember Your Creativity

5 Childhood pleasures

Everyone starts out in life with naturally creative abilities.

6 The state of flow

You're most creative when you're in a flow state, which is the effortless feeling of working on something while time flies.

The Design Process

7 Design thinking and research

Many companies encourage their employees to access creativity by using design thinking, which is rooted in researching things you might be curious about.

8 Divergence and convergence

The middle steps of the design process explore divergence (generating of as many ideas as possible) and convergence (narrowing down to select a smaller subset), and repeating the process as often as needed.

9 Running experiments

The last step of the design process requires a willingness to create and run experiments to test your hypothesis around whatever needs to be created.

Research Your Creativity

10 Identifying passions

Research is the first step of the design process, and it's also relevant to unlocking your creativity.

11 People of inspiration

Inspirational leaders are all around you, either as celebrities and influencers, or people in your day-to-day life.

12 Creativity at work

It may not be easy to find creativity at work, especially if you think your job is inherently non-creative.

Experimenting With Creativity

13 Beginner's mind

In order to foster creativity, a first step is to craft conditions where your mindset is in a place of curiosity and play.

14 Yes, and

Fostering creativity can be as simple as shifting your perspective and how you communicate.

15 Narrow for values

Your values are one of the simplest tactics you can rely on to pinpoint what supports creativity in your life.

Creativity Killers

16 You're not creative
Self-judgement and comparisons to others are a main creativity killer.

17 You don't have the time
There is the paradox of not having enough time, yet also yearning for more creativity.

Next Steps

18 Start your experiments
Experiential learning moves beyond this video and into your life.

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