

## Your Inner Creativity!

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### Learning outcomes:

- Identify blocks to creativity.
- Use and unleash your inner creativity!

### What you will need:

- Handout 22 – What blocks creativity?
- Handout 23 – Having fun with creativity.
- Handout 24 – Ideas generator.

### Content and suggested timings:

Introduction	5 min
What blocks creativity – a reminder	5 min
Having fun with creativity	20 min
Developing confidence in our creativity	30 min
<b>Total duration:</b>	<b>60 mins</b>

## Introduction

In this module we first look at what blocks creativity and then we move on to some fun creative exercises.

### Did you know?

The modern surgical staple is derived from native Indian tribes who used the pincers from giant ant heads to suture wounds. Each "suture" sacrifices one ant, but scarring is kept to a bare minimum.

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Can delegates think of any other medical (or other solution) derived from natural resources?

## What blocks creativity?

### Attitudes

- ▶ Negativity
- ▶ What if I fail?
- ▶ It's impossible – surrendering before the battle has begun

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- ▶ What will people think?
- ▶ It's childish

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