



## Unlocking Your Potential: Your Amazing Brain

### Overall Description:

This course is designed to help all professionals who want to increase their creativity and productivity.

### Course Objectives:

- Think clearly, creatively and originally.
- Understand and use the popular Creative Thinking models.
- Use techniques for generating creative solutions to problems.
- Apply creative thinking skills and methods in work related or personal situations
- Make confident decisions.
- Plan, persuade and negotiate.
- Remember and recall anything.

### Course Outline (Content):

- The infinite power and potential of your mind
- Your amazing brain
- Left brain / right brain
- Note-making and note-taking
- Stimulating a creative frame of mind
- Obstacles to creativity
- Tools for Creative Thinking
  - Lateral and Vertical Thinking
  - Reversal Thinking
  - Meditation Thinking
  - Direct Thinking Tools
  - PMI Technique
  - Brainstorming
  - Cause and Effect Diagram
  - De Bono's Six Thinking Hats
- Mind Maps – Fundamental applications

# OUTLINE (Cont.)

- Mind Map for memory
- Mind Map for creative thinking
- Mind Map for making decisions
- Mind Map for presentation

## Who Should Attend?

Managers, team leaders, directors, project managers, supervisors , and all individuals who need to adopt a more creative approach in life or at work; whether to solve problems, come up with new initiatives, initiate and introduce changes, or deal with personal or organizational issues in non-conventional ways.

## Competencies Covered:

- Innovation
- Analytical Thinking
- Problem and situation analysis

