



Happiness-centric...

# META MIND FLEXIBILITY & CREATIVITY

*THINK OUT OF THE BOX*

*"Adaptiveness has its roots in creativity."  
-Avinash Ananda*

## WHY this program



The purpose of this program is to give you the necessary insights, skills, and techniques that will enable you to be more creative and innovative and thus be more effective in their personal and professional lives. By fostering a mindset of flexibility, this program prepares you to thrive in dynamic environments and to adapt easily to change.

This program helps you achieve higher levels of adaptiveness and to generate & implement creative ideas for real-world challenges. It helps integrate your left (analytical) and right (creative) brain, and thus 'train your brain' for success in rapidly changing environments.

In this program, you will learn new mindsets and skill sets to help you find alternative solutions and dramatically increase the number of new and practical ideas you are able to come up with. You will also learn to leverage the fundamentals of Meta Mind Creativity and practice the hands-on application of proven creative thinking tools to make 'out-of-the-box' thinking, a consistent, deliberate and purposeful habit.

## YOU will learn



- To understand the importance and process of creativity and innovation
- To understand and overcome the barriers to creativity
- Meta Mind Creativity Model™
- How to express your ideas naturally and easily
- How to use a variety of productive idea generating Meta Mind tools and techniques
- To flexibly move from problems and questions, to possibilities and answers
- To come up with simple solutions to complex problems
- How to use ideas to generate more ideas
- Enhance your ability to flexibly navigate through and beyond creative obstacles.
- How to constructively challenge current thinking patterns
- To align design and structure for practical application of creativity
- Aligning creativity with costs and deadlines