STRATEGY + COMMUNICATIONS + ENGAGEMENT

Reclaim Your Creative Confidence

BARRIERS

- Inner critic
- The comparing mind
- Over thinking

4 TIPS TO TAP INTO YOUR CREATIVE CONFIDENCE

- Tame the Inner Critic
- Leap—let go of knowing the outcome
- Dare—willingness to make mistakes and fail
- Nature—let nature inspire you

BRENE BROWN

"Yeah, it's so scary to show up. It feels dangerous to be seen. It's terrifying. But it's not as scary, dangerous or terrifying as getting to the end of our lives and thinking, what if I would've shown up? What would've been different?"

VIDEOS

- **Ken Robinson, Do Schools Kill Creativity**
  https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity?language=en#t-592117
- **Tim Brown, Tales of Creativity**
  https://www.ted.com/talks/tim_brown_on_creativity_and_play?language=en
- **Brené Brown: Why Your Critics Aren't The Ones Who Count**
  https://www.youtube.com/watch?v=8-JXOnFOXQk

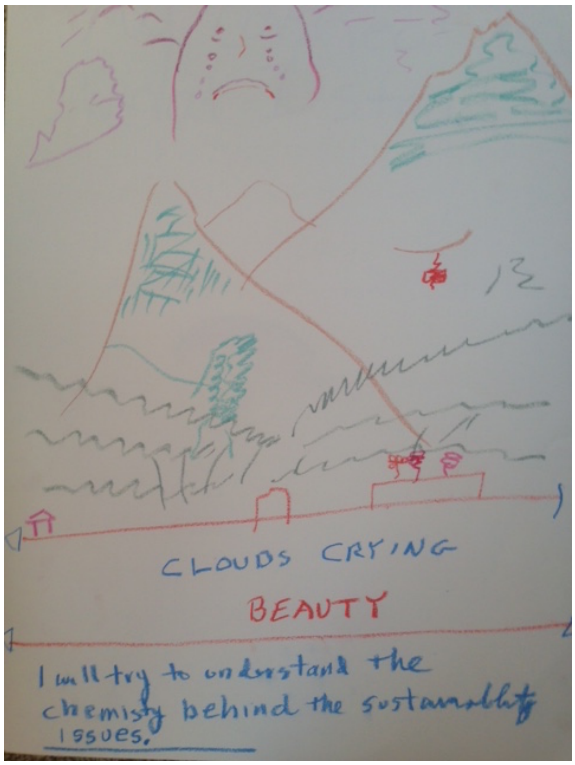
CREATIVITY IN BUSINESS BOOKS

- Creativity, Inc.: Overcoming the Unseen Forces that Stand in the Way of True Inspiration
- Creativity in Business: Based on the Famed Stanford University Course that has Revolutionized the art of Business
- Creative Confidence: Unleashing the Creative Potential Within us All

Warm Up (blank page)

Creative Confidence Exercise

Drawing (10 minutes)



1. **Ground:** Grounding with body awareness feet, back of body.

2. **Draw:** Draw your connection to nature, a self portrait of how you are connected
    a. Use a favorite place in nature or landscape here to inspire
    b. What is ready to fall away?
    c. Resources:
        i. Body—sensations
        ii. Emotional—feelings
        iii. Mental—images

3. **Words**: Incorporate 3-5 words into your drawing

4. **Title:** Give it a title (I am…). Example: "I am clouds crying beauty."

5. **Engage:** If time—give it an action statement. "I take a stand for the Earth When I…"

Share (5 Minutes each)

1. Share picture and title
2. Share experience, insights
    a. If this picture could speak, what would it say???
6. Feedback:
    a. I see
    b. I feel
    c. I imagine

Closing Group (10 Minutes)

#MAKEGREENHAPPEN

I take a stand for the Earth when I...

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