

Art & Brain Science of Creativity & Innovation

Boosting flow, alpha power, creativity, secrets of intuition, innovation & inspiration

4th December

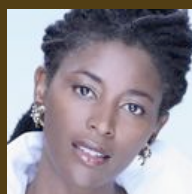
09:00-17:00, Park Hotel, Weggis

Power of Mind



Andy Habermacher
 Certified Master Coach
 CEO Corporate Training Programmes
 Managing Director
 NeuroBusiness Group
 Switzerland
 International Speaker

Power of Alpha



Mahima Klinge
 Spiritual Teacher
 Motivational Speaker
 Artist
 Musician

Power of Art



Daniel Eisenhut
 Logan Creative Teambuilding Artist
 Corporate Art & Creativity

Art & Brain Science of Creativity

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Overview

Creativity is an attribute that all companies are crying out for. Creative people, creative ideas, creative leadership. Better solutions, more innovation and more ideas for more business. Yet many companies and people remain trapped in their brains and their structures. So what is creativity and how can we create more creative and innovative thinking patterns?

There is a lot we know and looking at how the mind processes information is a first step to understanding why we often have difficulty being creative – thinking out of the box is an easy sentence to say but hard to live in the realities of life.

The brain gives us many clues to this - how we can harness the power of the unconscious and put the mind in a state where creative processes can take over and powerfully generate innovation.

This full-day workshop comprises various elements including looking at the brain science behind what inhibits our creativity and also what boosts creativity. We will also look at states of creativity: alpha states and open focus mind techniques. We will be working with this and deep relaxation with Mahima Klinge an expert in spirituality and meditation. We will then be combining elements of art, perspective and artistic creativity with Daniel Logan.

A day designed to look at the hard and soft elements in a unique combination of skills to boost your creative and innovative powers and help you get into a state of powerful creativity and intuition more often.

Topics:

- ✓ Brain science of creativity
- ✓ In or out of the box
- ✓ Creative states
- ✓ Open focus Mind
- ✓ Intuition
- ✓ Let your creativity loose
- ✓ Body & Mind
- ✓ Intelligence?
- ✓ The mind and innovation
- ✓ Group genius
- ✓ Focus in mind, in body and in business
- ✓ Alpha states
- ✓ Meditation
- ✓ Spirituality & creativity
- ✓ Environment of creation
- ✓ Levels of intuition
- ✓ Is your heart in it?
- ✓ Heart & soul of creativity

Details:

Park Hotel Weggis, 09:00-17:00

Price: CHF 300

Registration: andy@corporate-training.ch

Modules

A: Brain Science for Creativity

What does brain science show us around creativity – and how can it help us to be more creative.

B: Alpha States for Flow and Creativity

The state of Alpha – has been shown time and time again to be a state of relaxed focus when we can take in the most information and perform at our best.

C: Environment & Observer Bias

How we react to the situation and the inbuilt associations we have influence how we are able to be creative – breaking through this will free your creative powers

D: Art & Creativity

Art is creative but more than that it involves movement and perception and sight and colours. Using art as a tool to be more creative and change perspectives so important in creativity is very powerful.

E: The Open Focus Mind

Open focus is about creating a state where you can focus on many things at the same time and lose a restricted focus opening up the ability to take on more information.

F: Embodied Intelligence

Intelligence is linked directly to our bodies and so creative and inspirational moments can also be stimulated and tightly linked to the body's movements.

Dress Code:

Casual – there will be activity and painting.

Included:

Lunch & breaks