

# Unleash and Advance Your Creativity

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

18

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

47m

**Estimated study time**

47m 13s

**Instructor**

Tutti Taygerly

## Introduction

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- 1** **Everyone is creative**  
Creativity is a human birthright that many have forgotten since childhood.

## What is Creativity?

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- 2** **The mindset of creativity**  
Many people believe that we're not creative.
- 3** **Generating ideas**  
Creativity is a two-step process, and the first step is learning to adapt your thinking to see things more creatively.
- 4** **The making of things**  
The second piece to creativity is all about learning how to make things in an iterative fashion while remaining open to mistakes and messiness.

## Remember Your Creativity

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- 5** **Childhood pleasures**  
Everyone starts out in life with naturally creative abilities.
- 6** **The state of flow**  
You're most creative when you're in a flow state, which is the effortless feeling of working on something while time flies.

# The Design Process

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- 7 Design thinking and research**

Many companies encourage their employees to access creativity by using design thinking, which is rooted in researching things you might be curious about.
- 8 Divergence and convergence**

The middle steps of the design process explore divergence (generating of as many ideas as possible) and convergence (narrowing down to select a smaller subset), and repeating the process as often as needed.
- 9 Running experiments**

The last step of the design process requires a willingness to create and run experiments to test your hypothesis around whatever needs to be created.

# Research Your Creativity

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- 10 Identifying passions**

Research is the first step of the design process, and it's also relevant to unlocking your creativity.
- 11 People of inspiration**

Inspirational leaders are all around you, either as celebrities and influencers, or people in your day-to-day life.
- 12 Creativity at work**

It may not be easy to find creativity at work, especially if you think your job is inherently non-creative.

# Experimenting With Creativity

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- 13 Beginner's mind**

In order to foster creativity, a first step is to craft conditions where your mindset is in a place of curiosity and play.
- 14 Yes, and**

Fostering creativity can be as simple as shifting your perspective and how you communicate.
- 15 Narrow for values**

Your values are one of the simplest tactics you can rely on to pinpoint what supports creativity in your life.

# Creativity Killers

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**16** You're not creative  
Self-judgement and comparisons to others are a main creativity killer.

**17** You don't have the time  
There is the paradox of not having enough time, yet also yearning for more creativity.

## Next Steps

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**18** Start your experiments  
Experiential learning moves beyond this video and into your life.

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