
Creative Resilience Workshop Resources and Reading List

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CAI students as Future Makers can change the world.

However there is a catch.

Henry Ford said, "Whether you think you can or whether you think you can't, you are right."

Working with a creative process is something you will be very familiar with intuitively. Through this workshop we are going to bring what you will naturally be doing when you create into the open and into a more conscious arena. Then we will invite you to play with applying that creative process to everything you are wanting to achieve, ie getting fit, finding a holiday job, getting a license, making new friends, keeping up with assignments, staying calm in new situations. Anything at all.

Learning to apply a creative process to overcome challenges and achieve personally and professionally is "**Creative Resilience**". It is a process you can sit down and do when you want to put a new creative process into action, when you feel stuck in relation to something you are going for or simply to stimulate yourself on a daily basis to keep a focus on what you want and to stay in action towards it.

With a conscious understanding of the Creative Process and a willingness to apply it to whatever you want to achieve or change, CAI students can change the world. In fact you can take the world by storm. Creative thinking is the one thing that cannot be replaced by robots and in the future is going to be in high demand across all sectors. Suggest watching "The Creative Brain." on Netflix.

9 Key things to remember when directing your creative process:

- 1. Vision of possibility:** Know what you want to create, achieve or produce. Have a clear vision and stay focused on the outcome you want. Have a really strong desire for the outcome, as this will enable you to do what it takes to achieve it. There will be challenges and it is desire that keeps you going.
- 2. Obstacles and challenges** are part of the journey. Moving through them is integral to the creative process. Face into them rather than shy away from them. They do not mean this is the wrong way or wrong time. Overcoming a challenge

develops a skill or an understanding that is required for the successful outcome of what you are creating.

3. Action fuels a creative process. No action = nothing happens. To overcome a creative block – take action. If that feels too difficult break it down into smaller actions. Taking one tiny action is all that is needed to get the process moving. Any action will do – even a wrong action will stimulate your creative process. Actions need to be in the here and now. If they are too far in the future they are ideas about action and not real action.

4. It's intuitive. Follow your intuitive feelings rather than your rationalising head. Your feelings are signposts in a creative process. If you are not sure if an action is right or not, or should you do this or should you do that? – start taking actions that move you towards your idea and this will bring you a clearer yes or no. To stand still and try to work it out in your head, will not bring any further insight.

5. Has a life of Its Own

Once you see the possibility and decide this is what you want to create or bring into being. And once you have taken some action steps in the process, it will take on a life of its own. Things will happen that take you towards your goal that you haven't directly made happen. Chance encounters and synchronicity are part of the process so engage with them when they cross your path.

6. Get comfortable with tension. You are moving beyond where you have been before and this can feel uncomfortable. In a creative process this is called creative tension. You will encounter resistance in the tension. It does not mean it is the wrong way or you are off track. Being comfortable enough to stay in the tension is where you will find the breakthroughs.

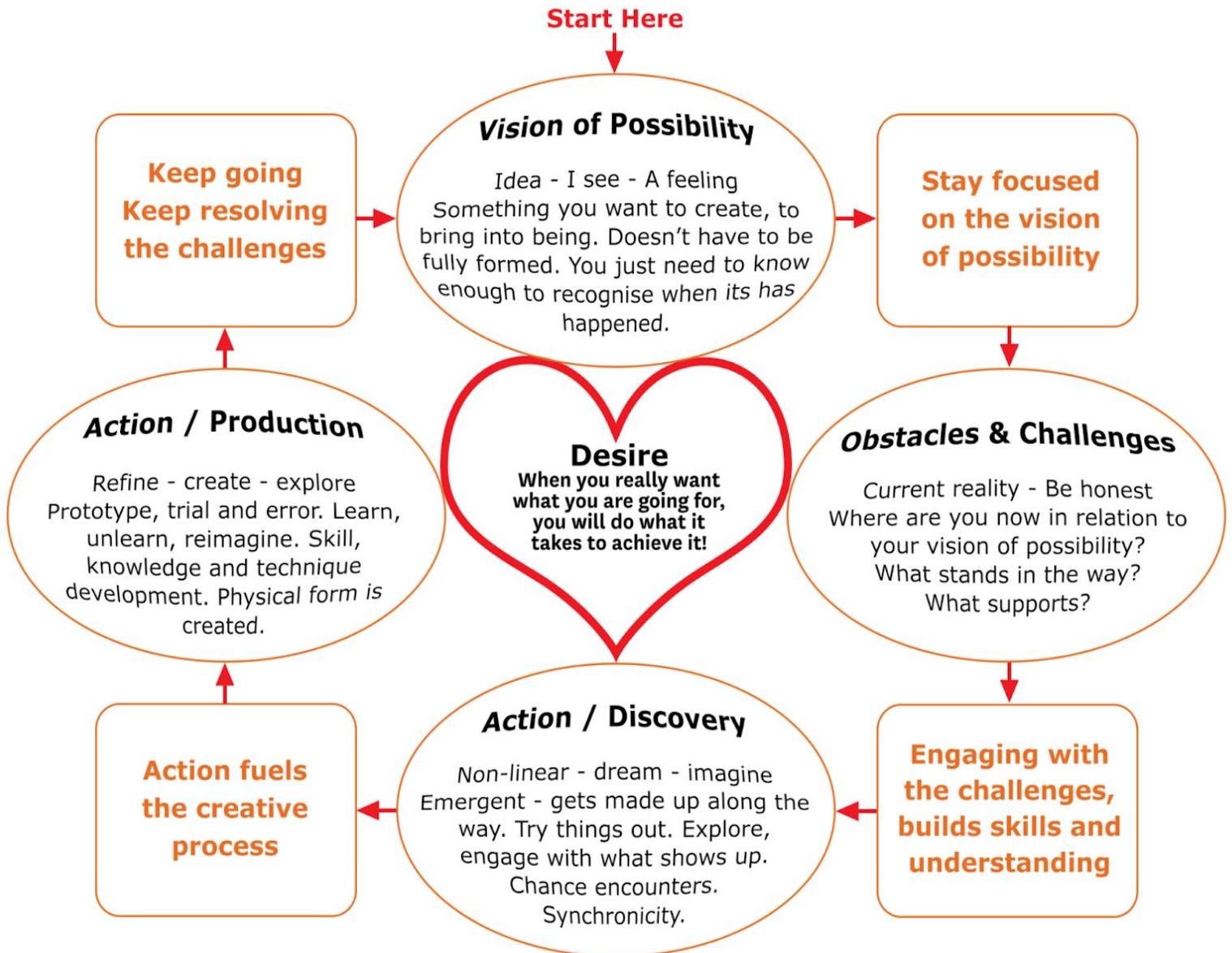
7. There is no right or wrong way. Make it up as you go along. Use your imagination. Prototype, try things out – refine. This is your creative process; there is no set path to follow. Give yourself permission as no one else will give it. Make mistakes as they lead and inform you. Have confidence in your creative process.

8. How gets made up along the way. At the outset you don't have to know how you are going to achieve what you want and you don't have to have the means to achieve it, ie money, knowledge, connections or skill. You just have to know the vision of possibility, what the next step is and take it. Be willing to enter into the

discovery, the unknown. Engage with the people, signs and things that show up to lead you to the next steps. Connections, knowledge and skills will develop along the way. The HOW gets revealed as you go along.

9. **Have unwavering faith** that what you are after will come about. It will often take longer than you think. May arrive differently to how you expect and usually the end result of your creative process will be greater than what you initially imagined at the outset.

The Creative Process



Stay on this wheel until your vision of possibility is realised, even if it needs to change, morph or expand along the way.

GROW process

For keeping on track towards your vision of possibility



MY CREATIVE COMPOSITION PROCESS



By Claire Cowan

www.futuremakers.ac.nz