



THE HEART OF CREATIVITY

Research Briefs and Reflections

Creativity Can Be Developed

Creativity is a “muscle” that can be developed through self-reflection and the development of a set of skills and mindsets.

We often learn and solve problems in a linear fashion. By engaging in creative processes and expanding skills and mindsets around creativity, we open doors to new ways of thinking and more innovative solutions to problems of practice. Creativity involves collaboration and acknowledging the ideas and perspectives of others. For example, group processes such as brainstorming, empathy interviews, and shared problem-solving can lead us to more creative solutions. As we take time to explore the questions before us and set aside ego (or our need to have all the answers), we become more open to considering new perspectives and ideas. By engaging in a more open mindset and exploring new possibilities, we can find new creative solutions.

Reflection Questions:

- How can you structure opportunities for creative problem-solving in your daily routine?
- What forces push against creativity? How can we counter those forces?
- How can you model creativity through honoring the perspectives of others?

Key Points to Remember:

- ★ Creativity can be learned through building skills and shifting mindsets.
- ★ Creativity is encouraged when we work collaboratively and consider others' perspectives.
- ★ Practices such as brainstorming without judgment or preconceptions can ignite creativity!

Learn More:

<https://www.creativityatwork.com/can-creativity-be-taught/>

<https://www.businessnewsdaily.com/2471-creativity-innovation-learned.html>

<https://eab.com/insights/daily-briefing/academic-affairs/can-creativity-be-taught-7-creative-professionals-weigh-in/>