

## **Knock Your Socks Off Creativity**

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***Whether you think you can or whether you think you can't, you're right. -Henry Ford***

Are you a creative person? In today's society, we need to be creative thinkers in order to survive. At the age of 5, our capacity for original thinking is at 90%, but by the time we become adults, our capacity for original thinking is only 2% (Ayan, 1997).

If you fear that your creativity has been buried under all of the day to day responsibilities or completely lost, be assured that you can rediscover your creative potential. Increasing your creativity is truly possible. Whatever your current creative experience is, you can achieve far more than you ever dreamed or imagined.

*Knock Your Socks Off Creativity* is a leadership education program designed to enhance one's creative ability. Created by the Ohio State University Leadership Center, *Knock Your Socks Off Creativity* is designed as a teaching module for educators to present a 2, 3, 4 or 6-hour presentation. This teaching module is available through the OSU Leadership Center.

### **Module Abstract**

The *Knock Your Socks Off Creativity* module is designed to enhance the participant's creative abilities. Participants will rediscover their creativity through interactive activities that are designed to expand the participant's creative capacities. This program package is designed for two, three, four, or six-hour presentations.

Participants will capture their creativity through an activity designed to go beyond paper and pencil to remember creative ideas. Through a small group activity, participants will challenge their creativity by looking at issues from different angles. Finally, participants will discover their best creative climate as well as ways to boost creativity through a brainstorming session.

### **Module Objectives**

*Knock Your Socks Off Creativity* helps participants rediscover their creative abilities. At the end of a

creativity training session, participants will:

- Discover their creative abilities.
- Be able to identify what "climate" is best for their creativity.
- Discover their creative strengths.
- Expand their creative capacities.

## **Outline of *Knock Your Socks Off Creativity***

### **I. Creativity Adventure**

Using an adapted version of the Torrance Test of Creative Thinking, participants test their ability to make many connections. This test also illustrates how our thinking is very divergent.

### **II. Creativity Misconceptions**

Many people have preconceived ideas about creativity that can be a hindrance to expanding their creativity. According to Ayan, (1997) these limiting beliefs are putting the cart before the horse. If you have doubts about your creativity, then your attempts to be creative will fail. No matter what your creative experience has been, you have the ability to bring your dreams into existence.

Some people believe that creativity is something that cannot be learned. Others believe that in order to be creative, you have to be artistic and produce some type of tangible item. Others are afraid to be creative, as they may fear rejection or failure.

### **III. What are your Creative Smarts?**

Even though everyone is creative, our creativity is expressed in different ways. Measuring the participant's multiple intelligences is one way to allow participants to realize that there are many areas in which we can be creative. The seven intelligences include: verbal/linguistic, mathematical/logical, spatial, musical, bodily-kinesthetic, interpersonal, and interpersonal.

### **IV. Capturing Creativity**

Creative people have extensive capturing skills. They know when and where good ideas occur to them, and they stand ready to preserve them. It is important to capture ideas as they occur since ideas are fleeting.

### **V. Challenging Creativity**

Thomas Edison tried 20,000 different materials before finding one that was suitable to serve as a light bulb filament. So if at first you don't succeed, try, try again. We need to set up a system where risk is rewarded. One where we recognize that failure helps us to increase our creativity. Nothing risked is nothing gained.

### **VI. Broadening Creativity**

Training is essential to creativity, because the more experiences that you have, the more repertoires you have to pull from. Many great leaps in entrepreneurship, invention and the arts

come from people who bring diverse backgrounds to their fields. Our creativity is also broadened when we can look at things from another perspective.

#### VII. **Creativity Climate**

In order to be creative, you need to be in the right setting. This includes what type of food, toys, furnishings, music as well as the proper attire is right for you to feel comfortable to be creative. Every person is unique in what climate helps them to increase their creativity.

#### VIII. **Creativity Busters and Boosters**

Sometimes the words we use can inhibit others creativity. Through the examination of famous advice that was fortunately not taken, participants learn how to encourage others' creativity.

Through new and different experiences, we are able to boost our creativity. From looking at the world through the eyes of a child, to finding new ways to be adventurous, we can be open to many new creative ideas.

### **Summary**

The *Knock Your Socks Off Creativity* module may be used as a workshop to boost your organization's creativity, or as experiential activities that add idea-expanding energy to current programs. Either way it will focus your group or organization on the expanding their creative abilities. To purchase *Knock Your Socks Off Creativity*, please contact Beth Flynn <flynn.61@osu.edu>

*Make visible what, without you, might perhaps never have been seen.* - Robert Bresson, French film director

### **References**

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