

Creativity Lab

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Innovation starts with creativity

“We can’t solve problems by using the same kind of thinking we used when we created them”
Albert Einstein

Art...

- Intent and communication, not substance
- Anything that’s creative, passionate and personal
- Personal gift that changes the recipient
- Ability to change people with your work
- Response to seeing things as they are
- What you do when no one can tell you exactly how to do it
- Intentional act of using humanity to create change in another

Seth Godin, *Linchpin*



Creativity takes courage

Creative Courage



- Be patient and committed to the work
- Care for others and listen well
- Embrace your unique abilities
- Be open to learning, always
- Trust the process
- Have hope

Create new ideas by combining seemingly unrelated ones to generate something new.



Favourite Things Exercise



Make a list of the things you enjoy doing.

Favourite Things



Metaphors



Individual Metaphor Exercise





Build on existing ideas to create something new.



Expanding Ideas

Drawing
Tactile objects
Mapping
Physical movement
Music
Storytelling
Theatre

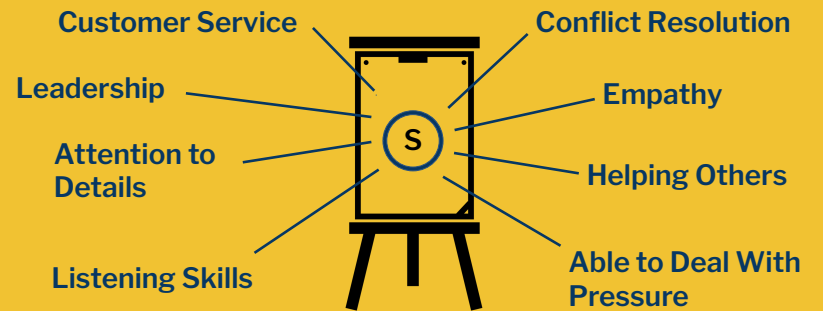


What Else?

Story Wheel



Story Wheel





Change perspectives to see something in a new way.



Creative Collaboration

- Combine seemingly unrelated ideas
- Build on an existing idea
- Change perspectives
- Collaborate with others

Career Flow Metaphors

"Involved in an activity for its own sake."

What is your story of flow, when everything comes together and works well?

What are the good currents that assist the positive 'flow' of your life/career?

4

Puzzle Metaphors

*"Who in the world am I?
Ah, that is a great puzzle."*

What kind of puzzle represents your life/career?
Is the puzzle in pieces, in progress, completed, abandoned...?

19

Balance Metaphors

Balance needs ongoing effort and concentration.

Describe your balancing of:

- work/play
- physical/spiritual activity
- social/personal time
- emotional/intellectual

Thank You!

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