



SESKAT. Development of Social and Emotional Skills in Adult Training  
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# Creative Mind Boost

**SESKAT Training  
Toolbox**

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## Description

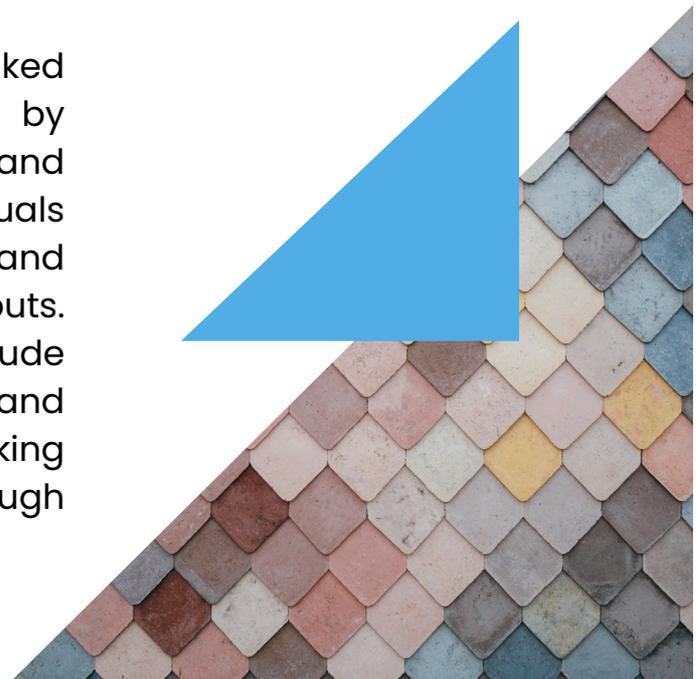
Creative Mind Boost is a tool designed for individuals, pairs or group of adult learners to enhance their creativity skills through a structured and engaging process.

## Objectives

- To inspire imagination by stimulating creative thinking
- To encourage individuals to explore new ideas and perspectives
- To foster expression by developing the ability to express thoughts and ideas in innovative ways
- To cultivate problem-through creative approaches.

## Connection with Soft Skills and Emotional Intelligence

Creative Mind Boost is directly linked with emotional intelligence by promoting self-awareness and expression. It encourages individuals to tap into their emotions and translate them into creative outputs. The soft skills developed include communication, adaptability, and problem-solving, as creative thinking often involves navigating through challenges with unique solutions.



# Resources and Materials

- Paper and writing utensils for sketching, jotting down ideas, and brainstorming
- Timer or stopwatch
- Inspiration materials (magazines, pictures, or prompts for inspiration)

## Steps

01

5 minutes: Set the scene. Find a comfortable and quiet space with all required materials.

02

5 minutes: Warm-up exercise. Write down three things that made you smile today.

03

10 minutes: Imagination exploration. Use magazines or prompts to create a vision board of your ideal day.

04

5 minutes: Express yourself. Write a short story or poem inspired by your vision board.

05

5 minutes: Problem-solving challenge. Identify a current challenge and brainstorm three creative solutions.

# Learning Outcomes

After the activity, participants can expect:

- improved creative thinking
- enhanced self-expression
- strengthened problem-solving skills

Someone who regularly uses Creative Mind Boost may find themselves approaching challenges at work with fresh perspectives, contributing more innovative ideas in group settings, and expressing their thoughts more creatively in written and verbal communication.

