



# Creative thinking and problem solving

**Do you ever get bruised from banging your head against the wall?  
Would you like to find some solutions to complex problems?  
Have you ever thought about the way you think?**

This workshop provides attendees with tools and techniques to approach their challenges with new thinking. By using these techniques and exploring their own topics, attendees will find alternative 'ways in' to problems. At the end of the event, participants will be able to use a systematic but creative approach to generate ideas and solutions to problems.

## What topics does it cover?

Course topics can vary to meet specific needs, but normally include the following:

- What is creativity and innovation?
- What stops us being creative?
- Vertical and lateral thinking approaches
- Patterns and how to break them
- Brainstorming
- Thinking Roles
- 'What if?'
- Metaphorical thinking
- Rule Reversal
- Bissociation

## What are the objectives?

By the end of the course, participants will be able to:

- Identify and overcome the barriers to creative thinking in our minds
- Demonstrate the limitations of conventional problem solving (vertical thinking)
- Apply the more fluid thinking style of the brain's right side (lateral thinking)
- Show attendees new options for approaching problems and challenges
- Apply a range of creative thinking tools to analyse problems and generate ideas.



# Example programme

## Introduction

Welcome and what we're up to

- The attendees and course leader
- The course: objectives, structure
- Methods

## Session 1

Problem solving and creating thinking

- How do we define problems?
- What is creative problem solving?
- How do we think?
- What is creative thinking?

## Session 2

Exploring creative thinking techniques

- Brainstorming
- Mindmapping
- Uses for...
- Improvements to... - 'What if...?'
- Rule reversal
- Metaphorical thinking

## Session 3

Using a systematic approach

- First- and second-stage thinking
- Adjusting the entry point
- Distinguishing thinking roles
- Using the roles to solve problems

## Closing

Taking it back to work

- Bringing together key learning