# Creative Thinking

## Description:
Lateral Thinking can be learnt! Participants will learn how to use the power of the mind to conquer the seemingly impossible, just by changing their perspective. Through games and mind teasers, participants will learn creative thinking strategies and will be challenged to think beyond the usual parameters. No experience is necessary – bring along only an open mind.

## Content

Seminar topics include:
- Introduction and warm-up exercises
- Define Lateral and Vertical Thinking
- The difference between Intelligence and Thinking
- The elements of Lateral Thinking
- Lateral Thinking games/riddles/exercises for developing skills
- E. De Bono Six Thinking Hats

## Benefits

Benefits of attending include:
- Define Lateral and Vertical Thinking
- Differentiate between intelligence and thinking
- Commit to more healthy and positive thinking patterns
- Develop skills in developing new ideas and creative thinking
- Develop strategies for more creative problem solving
- Practice creative thinking using the PMI concept
- Differentiate between the different Thinking Hats
- Develop strategies to employ the Thinking Hats in decision making

## Facilitator
Hilda O’Callaghan holds qualifications in Psychology and Criminology. She has completed the Masters Degree in Training and Development, doing the research component on the topic of Emotional Intelligence. Hilda is a qualified Dispute Resolution Mediator and has worked at the Citizens Advice Bureau for the past 15 years, mediating both Family and Community disputes. She is an accredited De Bono Six Thinking Hats Consultant, and is an accredited user of the award winning international communication program “Talking and Listening Together”. Hilda has been conducting training programs for the past 25 years in Sydney, Brisbane, Melbourne and Perth.