



creative processes, aspects and tools for Highly Creative Persons

1 "Purpose" – my calling

Our purpose is one of the most important channels through which to bring the highly creative energy into the world, because it connects who we are in essence with the world we live in.

- What is my purpose/ my calling?
- Where am I already living and expressing it?
- What inspires me and thus keeps my purpose alive?
- What is my strongest motivation that can help to go and confront my demons?

2 Know yourself

You are the channel through which the creative energy expresses itself. What is right and good for you only you may know and is only valid for you.

- My strengths that are part of my purpose
- My successes that make me unique and motivate me
- My greatest stumbling blocks, which could keep me from even trying my
- my demons and fears – hidden sources of energy/power

3 Love who you are

Thus activate the best possible conditions to put your ideas into action and to believe in yourself

- An exercise in self love
- What makes me unique and what do I particularly love about myself
- In what way are my weaknesses also unique strengths?
- My sacred spaces and rituals that connect me with my essence
- Which conditions enable me to be successful?

4 Create what matters

Only you can do that. Not everything that can be done needs to be done!

- Start now - conditions in your life will never be perfect
- Cooperating with life as it is: trusting life takes away the pressure to create everything immediately
- The structure of my day and my space for creativity

- Structure and improvisation in creative processes: putting this principle into practice in one of my creative projects

5 Sorting and prioritising my many ideas

The variety and number of ideas highly creative persons have can easily be overwhelming. This can lead, that nothing is possible or that we feel very much under pressure.

- What do I do when I don't know how to proceed?
- How can I sort my ideas and projects?
- How do I create space and time for all of my ideas?
- Timing and cycles in creative processes: a time to act and create, a time for to be still and receive, a time for harvesting and going out into the world
- Timelines help us to structure processes and to set realistic goals that we can achieve

6 Group coaching

- Insights from our workshops
- Which processes and tools are easiest at the moment for me to use?
- Are there any unanswered questions?
- Future outlook: how will I proceed when I feel overwhelmed or don't know how to proceed?

Details: Our workshops will be held live online. You will receive a link after you've made your payment. The series can only be booked as a whole. Please have a pen or pencil ready.

In preparation: please reflect what you'd like to get out of this course.

Fee: 390 CHF; this includes email contact between sessions.

Dates: Mondays 5 pm – 6.30 pm: 13. Mai bis und mit 10. Juni 2024; 1. Juli 2024: dieser letzte Termin ist später, um Zeit zur Integration zu ermöglichen

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