



creative processes, aspects and tools for Highly Creative Persons

1 "Purpose" – my calling

Our purpose is one of the most important channels to bring the highly creative energy into the world, because it connects who we are in our 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 me go out and confront my demons?

2 Know yourself

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

- My strengths, which are part of my purpose
- My successes that define and motivate me
- My biggest stumbling blocks that can stop me from trying at all
- My demons and fears – hidden sources of strength

3 Love who you are

Activate the best conditions for realising your ideas and believing in yourself

- An exercise in self-love
- What makes me unique and what do I particularly love about myself?
- To what extent are my weaknesses also unique strengths?
- My sacred spaces and rituals that connect me to my essence
- What 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 of having to implement everything immediately
- my daily structure 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 und prioritising my many ideas

The diversity of ideas can overwhelm highly creative persons. This can lead to a situation where nothing works at all or we come under pressure.

- What do I do if I don't know what to do next?
- How can I organise my ideas and projects?
- How do I create space and time for all of my ideas?
- Timing und cycles in creative processes: a time to act and create, a time to rest and receive, a time for harvesting and going out into the world
- Timelines help to structure processes and to set realistic goals that we can achieve

6 Group coaching

- Insights from the course
- Which processes and tools are currently easiest for me to use?
- Where do I have questions?
- Future outlook: what do I do when I feel overwhelmed or don't know what to do next?

Details: Our workshops will be held live online. You will receive a link after you have paid for the course. The course can only be booked as a whole. Please have pen and paper ready.

To prepare: think about what you want to take away from the course.

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