

Creating and Working with Your Brain in Mind

How to become more creative in your work routines and decision-making, improving outcomes and having fun

There are many methods for decision-making and many tools for creating ideas and selecting the most appropriate ones. But there is also new research on best practices to take care of your brain and enhance creativity. Using graphic exercises, writing exercises, and discussions you will learn about the latest ways to make the best use of your brainpower and boost your own creativity. These methods and tools can then add to your decision-making practices and work management.

At this time people are asked to do more, more quickly, and with fewer resources. It's hard to break out of the "same old, same old" patterns of doing things. This workshop provides new and fresh ways of seeing and accomplishing goals.

At the end this three-hour workshop you will have the latest information and know ways to enhance and cultivate your creativity, and how to add creativity exercises to methods of decision-making.

Unless otherwise noted, all classes will be held at CAPS, 32 College Street, Montpelier	
Location:	CAPS
Time:	9:00 - Noon
Cost:	\$55.00
Course Code:	045176
Session Code:	Date specific: See Electives calendar for session code
Instructor:	Alice S. Kitchel, Ph.D.
Registration Deadline:	5 business days in advance of the course