

# Acting creatively and spontaneously during crises

There are times when everything happens at once. Everybody around you expects quick answers and well-founded decisions. In situations like these, you might lose your ability to react spontaneously because the fear of making mistakes is too great. Acting spontaneously and intuitively is an easy thing to do when you trust your ability to do it. In this workshop, you will learn to trust this ability of yours.

## Key objectives

- Feeling your spontaneity
- Learning to trust your impulses
- Deliberately using humor
- Turning off your inner censor when needed
- Learning to calmly analyze situations of crisis
- Realizing what blocks you
- Overcoming feelings of panic
- Creating techniques for creative solution-finding

## Course content

- Feeling your own intuition
- Blocks to creativity and intuition
- The meaning of the inner censor
- Exercises to ignite your creativity
- Trusting your own spontaneity
- Crisis management
- Types of crises
- When your guard becomes your greatest threat ...
- Tools for self de-escalation

## Who should attend?

Entrepreneurs, leaders and managers who need to quickly find creative answers, solutions and reactions in chaotic and critical circumstances, both on the job and off. The workshop has been created for all those who want to keep a cool head when things around them go crazy.

## Your benefit

You will learn to keep your momentum and listen to your inner voice despite hectic circumstances and high pressure to perform. You will take the few seconds you need and you will react calmly. This ability will enable you to help other people calm down and bring order into the chaos. You will not lose precious time brooding and questioning things, but you will turn to the next pressing problem. By trusting your own spontaneous creativity and your quick reactions, you will handle any crisis in all serenity.

## Methodology

- Exercises used in improvisation theater
- Knowledge exchange among participants
- Peer-to-peer consultation
- Practical role-play
- Theoretical input and feedback by the trainer
- Case studies
- Group work
- Reflection on personal experiences
- Analysis of actual and difficult cases

## Organisation

- Maximum number of participants: 12
- This workshop can be booked as an in-house event.
- Duration: 3 days
- A, D, CH & CEE-Countries

*"I was unaware of all the humor I have inside me and what I can do with it."*

Participant quote