

# Stress & Creativity



Stress has different effects on different people. For some, focus shifts to a narrow field and maintaining status quo becomes a high priority. For others, panicking and changing decisions becomes a norm. Yet, for some others, it inspires them to look for 'out-of-the-box' solutions.

Creativity is the innate human ability to generate ideas, solve difficult problems and exploit new opportunities - it is actually the fuel for innovation. And the key to creativity is effective stress management.

- Stress, emotions & creativity
- Moving from problems to solutions
- Making the shift to creative problem solving
- Fostering creativity in the workplace

**Format:** Two Days (6hrs/day) Online/ Onsite

**Participants:** Not more than 35 persons

**Requirements:** If Onsite

The workshop would need to be conducted in a sufficiently large hall to ensure adequate space for all the activities.

- Laptop with sound and video projection
- White board
- Chart paper
- Writing materials

**Cost:** Rs. 40,000/- +18%G.S.T per day

Travel & stay extra at actuals

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