

FREDRIK HÄRÉN

SESSION NOTES



Fredrik Härén is a business creativity expert who has authored nine books, including *The Idea Book* - credited as one of "The 100 Best Business Books of All Time." He is a global speaker who has been invited to speak to leaders in more than 60 countries on six continents on the importance of creativity in solving problems.

PERSONAL REFLECTION

1. What are some ways creativity is needed in all aspects of life?

2. Using the scale below, how much time do you invest in being creative?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

(1 = low 10 = high)

3. What is something creative that you've always wanted to try?

"Creativity can grow when we invest our time into doing creative things."

GROUP DISCUSSION

In general, humans are not good at change, but the world is changing. The speed of innovation is increasing and we need people to keep up.

Discuss in your small group these questions:

1. Do you think your school or organisation is intentional about fostering a culture of creativity?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

(1 = low 10 = high)

2. Brainstorm different ways your school or organization could encourage young people like you, to be more creative.

3. In groups, choose one idea that you think could build a stronger, creative culture.

· For it to have a greater impact around our school or organization, who could we talk to, to see our idea implemented on a larger scale?

NEXT STEPS

1. Make a plan and see your creative ideas come to life.

· Write your names next to who will do what.

(For Example: Joe will talk to the Head of Wellbeing to set a meeting so we can share our idea, Stacy will write up the idea so we can email it out, Frank will make a poster so we can share it with others etc.)

· Put a timeline around when these things will be done (1 week, 2 weeks?)

· Set a date to get together to see how the plan is unfolding.



"An idea is one person taking two formerly known things and combining them in a new way."