



LCETB Community Education



CREATIVITY AND IMPROVISATION: Creative Juices – Letting Loose

This workshop is all about finding how you express yourself creatively and allowing this to shine. Improvisation is about trusting your ideas in the moment, and forgetting about being right or perfect.

COURSE CONTENT:

- Warm Up Exercises
- “I am not creative” – Letting go of negative ideas
- Improvisation and unlocking creativity
- Making a plan to continue being creative

WHAT YOU WILL GET BY END OF COURSE

1. You will learn games which are easy and designed to get you feeling creative.
2. You will grow your confidence in being creative and understand your talents.
3. You will remove any blocks you have to expressing your creativity
4. You will create something which showcases your talents and creativity

COURSE HIGHLIGHT

Your very own showcase of your work, be this a song, artwork or other form of expression. You can choose to show this to an audience or to the group only.

