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## Sample Creativity Workshop

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### Scenario:

You are planning your annual staff retreat, and you want to use the opportunity to boost your staff's creativity. You have seen in the past that having an experience of being creative together in a non-work environment carries over into the work environment. You want a holistic approach that will help your staff re-energize themselves, re-commit to the mission of your organization, and take pleasure in their ability to engage in the creative process.

### Workshop:

The workshop begins with a presentation of the Norse myth of the "mead of poetry" and with various cultural approaches to weaving creativity into daily life, in contrast to the U.S. style of dichotomizing art and daily life. The second part of the workshop helps participants to access their own creativity. As a group, you will be guided through an exercise in which you create and enact your own ritual, drawing upon elements of various cultural traditions as appropriate. The ritual will focus upon key elements necessary to fostering creativity: liberating the creative spirit within; recognizing and including individual forms and styles of creativity; and making collaborative connections among creative endeavors. Multiple creative media (visual, auditory, tactile, verbal) will be employed so that participants may work in a mode of their choosing.

### Outcome:

Participants have become more open to new ideas. The fire of their own creativity has been rekindled. They can approach workplace challenges from a fresh perspective, and they have confidence in their ability to find creative solutions. They feel more appreciated and recognized; they are more appreciative of the skills and talents of their coworkers; and they are better able to engage their best selves in collective endeavors.