

## CREATIVE INSIGHT: Taking the Next Step



**Creative Insight** is an eight-week program, based on the renowned Creativity in Business course at Stanford University, designed to inspire and empower participants to create a life they love. The program answers the questions, "Who am I?" and "What is next?" Over the last 14+ years, we have delivered this life-skills program to more than 500 individuals impacted by 9/11 and other tragedies, including military widows and members of the Newtown, CT community impacted by the December 14, 2012 shootings at Sandy Hook Elementary School.

The course has three distinct segments:

- The weekend workshop introduces the four tools of creativity: Faith in Your Own Creativity, Absence of Judgment, Precise Observation, and Powerful Questions. These tools help explore and discover one's own creativity so it may be brought more fully into daily life.
- The online classes will focus on utilizing these tools as they apply to life challenges including: Purpose & Vision, Time & Stress, Relationships, and Balance. All are designed to give permission to live life following one's personal values.
- The celebration encourages each participant to share their own creativity and move forward into True Prosperity.

The workshops and online classes are filled with fun exercises and eye-opening teachings that serve to ignite self-discovery and connect participants with the others in the program. Two experienced facilitators will provide guidance that will inspire growth and positive change.

Positive change from this program can include:

- Increase self-confidence and self-compassion
- Learn to nourish and savor the things that bring joy
- Motivate themselves with kindness rather than criticism
- Discover how to trust intuition and quiet your inner critic
- Decrease stress and bring a new sense of peace and balance into their lives

*"I now have confidence in the day-to-day decision making that affects my family. I am amazed at the difference in my relationship with my children and myself!"*

Contact Liz Zirkle, [Liz@tuesdayschildren.org](mailto:Liz@tuesdayschildren.org), for more information