

Stimulating Creativity at Work

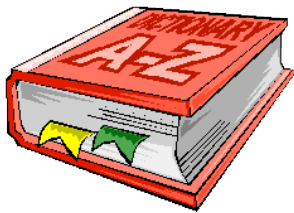
Sophie's Top Ten Tips



1. Have some CD's or tapes in your car for those long journeys to work or between site visits or offices (learn a language, enhance positive thinking, listen to talking books...)



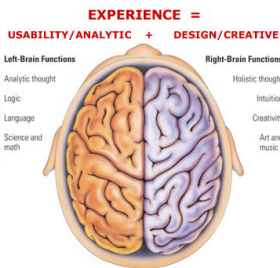
6. Read about different communication styles and methods and try them out at work. (eg. insights from NLP, NVC, TA, MBTI)



2. Expand your vocabulary by keeping a "new words" list and look for opportunities to use them...



7. Take advantage of hot desking to widen networks and develop working relationships with colleagues of different disciplines...



3. Feed your "right" brain functions which like the non-rational with music on earphones while your left brain in busy doing linear and analytical planning work...



8. Try out new ways of working - use mind mapping, post-its, coloured pens, diagrams, visual metaphors, develop generic check lists, standard comment strings, learn speed reading...



4. Keep a camera handy for snaps of those wonderful frosty countryside views in winter on the way to work and use the photos to make christmas cards...



9. Welcome opportunities to reduce your email load by talking to colleagues instead, or phoning customers where a written record is not needed...



5. Keep up to date with new software and technology to do things as they arise (because you can be pretty sure they'll come in handy later)..



10. Volunteer for corporate projects that have a different topic or emphasis which bring you into contact with other departments and use a different skill set...