Formation
Develop your creativity (développer sa créativité)

Durée de la formation : 8 heures
Date de la session : du 01/03/2027 au 31/05/2027

Dates précises : From 01/03/2027 to 31/05/2027
Horaires de la session : Independently, at your own pace

Lieu : En e-learning (en ligne) - OpenClassrooms platform

Nombre de places maximum : 5

Formateur(s) : OPENCLASSROOMS

Prérequis sur cette formation : None

Public ciblé : Université de Bordeaux staff and site/PUI partners

Public prioritaire :

Date limite d'inscription : 19/02/2027

Objectifs :
Creativity is a key skill when problem-solving.

Develop your convergent and divergent thinking by building a toolkit of practical exercises to help you innovate at work.

Ever wanted to be more creative? If so, this training is the perfect starting point.

But how can you do this more effectively at work?

This training will guide you through a self-assessment of your current creativity to discover your strengths and weaknesses. Then, through a range of practical exercises, you'll learn how to generate ideas using divergent thinking and select the best ones using convergent thinking.

You'll also apply these skills to real problems at work, nurture your creative mind; discover ways of building confidence when sharing your ideas, and pick up invaluable techniques to help you work creatively with others.

By the end of this training, you will be able to:

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Explore practical techniques to nurture your creative capacity.

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Apply divergent and convergent thinking to hone your creativity.

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Apply creative thinking tools to problem-solve in the working world.

This training receives government funding managed by the Agence Nationale de la Recherche (National Agency for Research) under the plan France 2030, with the reference ANR-21-EXES-0004.

Programme :
Part 1: explore practical techniques to nurture your creative capacity

1. Get the most out of this course

2. Assess your current creativity

3. Overcome the fear of failure

4. Supercharge your ability to focus

5. Identify physical activities that nurture your creativity

6. Quiz

Part 2: Apply divergent and convergent thinking to hone your creativity

1. Generate New Ideas

2. Develop flexible thinking

3. Think outside the box

4. Apply logic to examine your ideas

5. Assess problems using evaluation tools

6. Reflect, reexamine, rethink

7. Quiz

Part 3: Apply creative-thinking tools to problem-solve in the working world

1. Become aware of your conceptual blind spots

2. Facilitate group creativity at work

3. Develop positive creative workspaces

4. Apply creativity to job applications and interviews

5. Design a personal creativity toolkit

6. Quiz

Pour tout renseignement complémentaire :
Chargé(e) de formation : mailto:bf-formations.innovation@u-bordeaux.fr
Pôle AGRH – service développement des compétences

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