

## The P's and Q's of Creativity

### Abstract

How do we nurture our inherent creativity? How can we develop our creativity? What will inhibit creativity?

To many people, creativity is something great and grand and novel and imaginative and not everyone has it. We tend not to think about the daily problems we solve, or the decisions we make with regards to which clothes we wear, or the meals we prepare, as creative. And that's because we generally slip into a routine. Usually because we are so busy that thinking about these things becomes a chore. However, routine tends to invade other areas of our lives, and soon we are talking in cliches, and hardly thinking at all, unless a huge problem arises. We tend to solve the smaller problems in maxims and tried and tested ways.

In order to become more creative, something we all would like to be, simply because we are better able to solve problems if we are more creative, we need to observe the P's and Q's of creativity. These are:

P- practice, patience, persistence

Q - questioning, quiet

We need to avoid noise, busyness, hurry, stress and boredom. In this presentation, we will talk about what you can do to practice creativity, how you can develop patience, and why persistence is perhaps the most important component of creativity. We also look at the role that a questioning mind plays, and finally why we need quiet if we truly want to be creative. Every person can create and be creative - as we can see in any child. Society and routine may dull the edge of that raw creativity, but never kill it, and with time we can rejuvenate it in ourselves and our students or children.

Leonie Overbeek has worked in South Korea's public school system for eleven years. She is an omnivore when it comes to knowledge, having worked in analytical chemistry, chemical engineering and physics environments. She holds a M.Phil in Value and Communications Studies from Stellenbosch University, and continually engages in online studies around the fields of teaching and language learning.

Tel: (082) 10 2940 5319

e-mail: [lionafrika@gmail.com](mailto:lionafrika@gmail.com)