Will your courses help me to be more creative?

Questions about the Sunflower Effect? · https://www.makingmoves.net/FAQ/will-your-courses-help-me-to-be-more-creative/



Almost certainly, they will.

The Sunflower Effect Courses® are working through a **creative process,** so it's natural that your ability to express your creativity is going to **open up**.

Getting out of your head

From working with people over the years and from my own experience of releasing my own creativity, I know that the thing that blocks us most is **in our own heads**.

It is the critical voice inside you that **judges and censors everything you do**. It tells you, you are going to look stupid, people are going to laugh at you and you won't be "cool".

This is why **talking approaches** or anything that requires you to sit in the chair **can only help to a certain extent.**



Working through the body

A far quicker and more powerful way of releasing your creative block is **through the body.**

Working through the body will enable you to access the **powerful core of your creativity** – which lies **in the whole of you** and not just in your head. **The body, in fact, is a far more powerful source of your true creativity** than anything your head can dream up.

If you join one of the Sunflower Effect Courses®, we will give you some simple tools to **get out of your head and to allow your body to lead you**. This is the fastest track way to outwitting the "judge".

But this alone is not enough for many people. Often the block itself **conceals powerful emotions** . Having a vehicle for **accessing and expressing those emotions** will get to the core of what is keeping the block in place. Then it will **simply dissolve**.

For most people this is an **effortless process**.

Take a look at this article where I describe the process in more detail: **Article: How to be creative – even if you think you're not**

The Quickest Way to Release a Creative Block

Participants often tell me that after attending one of my **courses or workshops** – **their creativity flows like a dream** – they can't stop writing, painting, composing etc. They tell me that they are on a creative high for weeks or months afterwards.

I usually recommend the **Improvisation Group**, which is a very fast way to unlock your creativity. This is the quickest and most economical way for most people to get unblocked.

The one-day **Express Yourself Workshop** is aimed at beginners and is another good way to release creativity.



Deeper Creative Blocks

Individual sessions are powerful when there is a **deeper issue that is causing your creativity to be blocked.**

Sometimes this can be achieved in **just one session,** particularly in combination with a group or workshop. Otherwise, 3-6 sessions will get to the bottom of the deepest creative blocks.

Take a look at the article **Brief Encounter** which describes how I worked individually with a client – and how the creative process got to the core of what was keeping her blocked in a powerful and moving way.

Article: Overcoming writer's block: how to write like a dream even when you think you can't

Other Courses that will help to release creativity

You may also want to join one of my other courses – **Breakthrough** or **Breakthrough Plus**.

From time to time, I run the **Performance Course**, which works through creativity which offers an opportunity to progressively allow your creativity to flow – exploring through myths, plays or film storylines.

You need to have done one of my other courses or have had some drama experience – before you join this course.

Or to read a shorter published article about creativity: **Article: How to be more creative**.