Keys to Unlocking Creative Potential: The Expressive Path to Personal Growth

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Abstract
An experiential journey into personal growth and creative expression is, by nature, transformational. Undertaken in a public platform using social media (Twitter and blogging) it reveals powerful potential as a teaching and mentoring tool for inspiring creative action around the world. This project was designed to blend my joys and passions for tweeting positive inspiration and encouragement, sharing my readings and research related to creativity, exploring expressive art, activating creative potential with joy, collecting and sharing quotes, coaching positive change and creative action, and raising awareness of everyday creativity into a learning pathway which could be accessed by anyone using the internet. My intents were to trigger interest in exploring personal creative potential by offering daily insights, inspiration, prompts and encouragement which could lead to increased creative action, joy and positive change experiences. This project was also a vehicle for building social media marketing skills to generate dramatic increases in audience, followers, and visits to my websites. As a creativity educator, it is critical to attend to my own creative process as a way of informing my growth as a creativity catalyst and creative change leader. I believe teaching creativity creatively has the power to positively change lives and our collective future. As a result of this project, I am prepared to take creativity training mainstream with the world as my classroom.

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