

Creating Inspiration

In English (Creating Inspiration):
<http://creativity.trainings.ee>
In Estonian language (Loov Inspiratsioon):
<http://inspiratsioon.ee>
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1. BUILDING SELF-CONFIDENCE

- How to select the best ideas if there's too many of them?
+
- How to overcome fear of failure and critics?
+
- How to liberate yourself from prejudices and limiting beliefs?
+
- How to build self-confidence, that I can be inspired?
+

2. PERSONAL EFFECTIVENESS

- How to eliminate the negative side of stress?
+
- How to keep yourself energized in little time?
+
- How to find more time to experience inspiration?
+
- How to find time for inspiration by making connections between activities?
+
- How to free yourself from the desperate need to deliver outstanding results? Not trying to be special, but being special?
+
- How to really freshen yourself up once a week?
+

3. TAKING INSPIRED ACTION

- How to overcome your laziness and take action – step out from your comfort-zone?
+
- How to find your true passion and lose the habit of procrastinating with your dreams?
+
- How to take your ideas into action?
+
- How to remove the demotivating things from your life?
+
- How to free yourself from "HAVE TO" pressure and turn it into "Want" energy?
+

4. DISCOVERING INSPIRATION

- How to notice the inspiration in my environment?
+
- How to find more inspiring stimulus in an ordinary environment?
+
- How to turn routine into inspiration?
+

5. INSPIRED COMMUNICATION

- How to find more inspiring people to communicate with?
+
- How to turn the foolishness and critics into inspiration?
+
- How to switch off negative people?
+
- How to bring more chemistry and spontaneity to the conversations?
+
- How to supply your friends with the right tools for inspiration to grow?
+