

Resources to explore that nurture creativity

Activities

Create Self-Care

<https://www.instagram.com/createselfcare/?hl=en>

<https://www.facebook.com/createselfcare/>

Creative organisation focusing on creativity and well being

<http://www.allbeingwelluk.org.uk/>

The Artists' Way - a process to unlock and unblock creativity

<https://juliacameronlive.com/>

Talks

The Call to Courage

Brene Brown

<https://www.netflix.com/gb/title/81010166>

Do Schools Kill Creativity?

Sir Ken Robinson

https://www.ted.com/talks/sir_ken_robinson_do_schools_kill_creativity?utm_campaign=tedsp_read&utm_medium=referral&utm_source=tedcomshare

The Creative Brain

<https://www.netflix.com/gb/title/81090128>

Books

The Creative Class

Richard Florida

https://www.goodreads.com/book/show/60042.The_Rise_of_the_Creative_Class

Big Magic

Elizabeth Gilbert

https://www.goodreads.com/book/show/24453082-big-magic?from_search=true&from_srp=true&qid=KMDddvDBi3&rank=1

Business and organisations

Support with creativity and wellbeing in the workplace

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<https://feelgooddogood.co.uk/>

Bringing wellbeing, productivity and play into organisations

The Right Brain Business plan

Jennifer Lee

<https://www.rightbrainbusinessplan.com/>