

MÖTE MED MAYTE VAOS

3-5 SEPTEMBER 2018

Öppen för: Professionellt yrkesverksamma dansare
Tidpunkt: Daglig träning 09.30-11.00 (måndag-onsdag)
Workshop 11.30 – 16.00
Plats: Danscentrum Syds studio, Bergsgatan 29, Malmö

Workshopen sker i samarbete med Danscentrum Syd



LEARN TO CREATE WHILE CREATING: AN INTRODUCTION TO NEUROCREATIVITY by Mayte Vaos

Creativity is defined as the capacity to generate novel, useful and meaningful ideas. Creativity for artists in any domain is imperative and it is assumed that all artists are creative. However, this is not always the case. We all have the capacity to be creative, and thanks to neuroscience, we know that creativity is a cognitive process that can be improved.

In this workshop we will explore some of the specific components of the latest research on creativity. We will embark on a journey of collaborative innovation and personal development. We will use what we know about the findings of neuroscience and cognitive psychology in human behavior and creativity.

Through this three days, we will learn the most important components that contribute to the creative process with illustrative and practical exercises. We will play, explore and improvise with the aim of discovering new facets and training new skills to develop imagination, concentration, inhibition, change and flow to improve our creativity.

Mayte Vaos (1965, Spain) is the founder of [The Creativity and Human Performance Institute](#), an in-house project from [SArdineSAuvage](#), helping organizations and artists to develop creativity, innovation, and high-performance skills, through coaching, training and consulting. As a facilitator, Mayte brings a multi-disciplinary approach to learning and development based on her background as artistic director, choreographer, performer and dance teacher (with a strong influence of physical theater Grotowski Laboratory and Butoh Dance), clinical psychologist and cognition and neuroscience researcher. She leverages arts-based practices with neuroscience discoveries to spark creative inspiration, and design thinking to manage the creative process.

Sista anmälningsdag är den 26 augusti 2018

E-posta ansökan, CV och motivationsbrev till anmalan@dansalliansen.se

Dansalliansen

