

UPCOMING WORKSHOPS 2015



donnapace
& ASSOCIATES

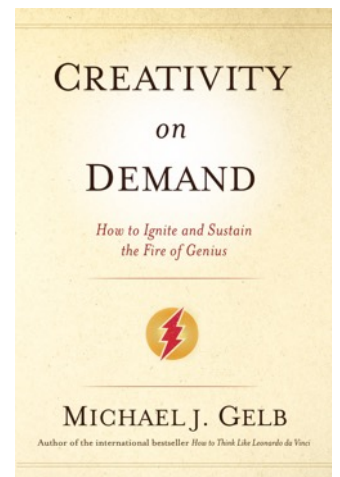
Creativity On Demand: How to Ignite and Sustain the Fire of Genius, ESELEN USA

January 2-4, 2015

Offered by best selling author, Michael Gelb
Esalen Institute, Big Sur, CA,

WORKSHOP DETAILS

Creative energy is our ultimate resource. Throughout history, geniuses such as Leonardo da Vinci, Marie Curie, Nikola Tesla, and others, had an intuitive understanding of how to connect with and utilize this energy. Based on Michael Gelb's new book, *Creativity On Demand: How to Ignite and Sustain the Fire of Genius*, this program guides you to access, cultivate, store, and express creative energy. Through meditation, "Qi for Creativity," and other exercises, you can experience a dramatic empowerment. Gelb has worked with many of the world's leading masters of qigong, yoga, and aikido, and has asked them each to contribute their single most powerful practice that the average person can do to raise his or her baseline of creative energy. Gelb has combined these practical energy cultivation exercises with more than thirty-five years of experience teaching the creative process. The result is a unique, energizing, and transformational program. Join Gelb for this opportunity to master the art of creative thinking. He will guide you in an exploration of your mind's potential that is entertaining and illuminating.



Recommended reading: Gelb, *Creativity On Demand: How to Ignite and Sustain the Fire of Genius*, *Body Learning: An Introduction to the Alexander Technique*, and *How to Think Like Leonardo da Vinci*.

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Creativity on Demand is the result of a lifetime devoted to facilitating creativity in people and organizations. Whether your own interest is in cultivating the creative potential of other people or connecting more deeply with your personal talents and possibilities, it offers not only the inspiration, but also the practical guidance to help you make it happen. ~ Sir Ken Robinson, Ph.D. from the Foreword

To find out more about this methodology,
EXCLUSIVE workshop CONTACT us via email:
donnapace@donnapace.com
<http://michaelgelb.com/>

Qigong for Health, Creativity and Empowerment

WEEK OF JANUARY 4-9

Offered by Michael Gelb and Dr Roger Jahnke
Esalen Institute, Big Sur, CA,

WORKSHOP DETAILS

“Qi cultivation strengthens your vitality, and enhanced vitality is a key to liberating creativity,” writes Michael J. Gelb in *Creativity On Demand: How to Ignite and Sustain the Fire of Genius*. Gelb explains, “The fire of genius isn’t just a metaphor, it is qi.” In the research for this book Gelb interviewed and studied with many of the world’s leading qigong masters including Dr. Roger Jahnke, author of *The Healing Power of Qi*. Jahnke writes, “The average human being has a longing to create but is not necessarily well enough, or energized enough, to fulfill it. For many people, qi cultivation provides a missing link in their quest to realize their creative potential.” Jahnke adds, “With greater vitality we are able to think, feel, and act more creatively. And these practices awaken the aspect of our self that is completely unlimited and free of influence from any bias or preconception — the eternal self or spirit — thus summoning the transcendental energy of higher creativity.”

In this innovative program, Jahnke and Gelb will guide you to summon, store, and utilize this transcendental energy to experience an empowerment of your wellness, vitality, and creativity. No prior experience is required, and this workshop is perfect for qigong, tai chi, and yoga practitioners, as well as artists, writers, performers, health professionals, students of traditional Chinese healing practices, and all those who seek healing.

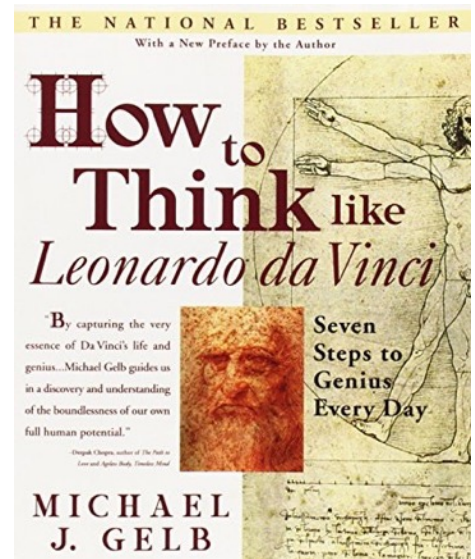
Create like da Vinci, Innovate like Edison

With Mr. Michael Gelb, 15TH APRIL

LOS ANGELES, USA

Institute for Management Studies

What if you could call on history's greatest genius, Leonardo da Vinci, to be your personal mentor in cultivating the ability to think creatively, embrace change and accelerate learning? This dynamic, highly-interactive program brings da Vinci's genius to life through fascinating biographical and historical information, setting the stage for an introduction to seven principles for thinking "a la Leonardo." Leonardo was probably the most creative person who ever lived but Thomas Edison is history's greatest practical innovator. Thomas Edison invented the rigorous, disciplined process of innovation. In addition to creating the world's first Industrial Research and Development laboratory, Edison was also a master at promoting a culture of innovation. Moreover, he understood that the principles of personal success and organizational innovation go hand-in-hand. Personal success and fulfillment requires you to learn how to think like an innovator; and, for your organization to be successful, innovation is now more important than ever.



Time Allocation - Topics

50% Inspiring lecture, story-telling, introducing principles/competencies and their application
Introduction of the 7 DaVinci Principles and 5 Edison Innovation Competencies. Brief biographies and historical context for both geniuses. Identification of parallels between DaVinci and Edison and their implications for developing creativity and innovation

20% Individual exercises focusing on application of principles Practical exercises in memory development, idea generation, creative problem-solving, goal-setting

20% Small group discussions and brainstorming

10% Spontaneous creative adaptation based on the flow of the day

<http://michaelgelb.com/>