



## GeoWomen of Calgary

### **The Reluctant Creative: 5 Effortless Habits to Expand Your Comfort Zone (no arts and crafts required)**

Speaker: Dr. Caroline Brookfield

Moderator: David Hills M.Sc, P.Geol

*Location: virtual*

*April 26, 2022 12pm-1 pm MST*

#### **ABSTRACT**

Explore the evidence that touts creativity as the number one skill you need in this decade to influence resilience, build confidence in uncertainty, amplify job performance and satisfaction, and even increase your salary.

Creativity is your elemental human gift. You might not be an artist, but everyday creativity is in you. In a good way, like a deliciously warm meal, not an alien-took-over-your-body way. When you make a presentation, build a pivot table, plant a garden, or sneak vegetables into smoothies - you're tapping into your own creativity. Learn 5 effortless habits to use in a few minutes a day to amplify your unique creativity.

#### **BIOGRAPHY**



Dr. Caroline Brookfield is a Reluctant Creative. She is a veterinarian, author, speaker, stand-up comic, and mom. Faced with a false ultimatum of art or science, she chose science.

Does that sound familiar? If you're a "left brainer" like Caroline, you might share the belief that creativity is for artists, kids and grandmas, and somewhat ancillary to more important goals. Feeling snubbed, eventually Caroline's creativity demanded attention like a cat at dinnertime. She learned how to integrate her creative and scientific sides, realizing the importance of both, and that you don't have to choose. Caroline is passionate about

helping you to identify your own barriers to individual, everyday creativity, so that you can speak up, stand out, and build a uniquely satisfying future for yourself. Caroline presents balanced evidence, with easy to understand and actionable takeaways, kind of like a keynote mullet: Fun up front and data in the back. You can also learn how to balance rigor with creative expression



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to survive the gusting winds of change, with a smile on your face. Caroline received honors for her veterinary degree from the Ontario Veterinary College, is a certified level 2 Creative Problem Solving facilitator, and holds a Certificate of Professional Management from the University of Calgary. She is always up for a challenge, like learning guitar, rock climbing, getting her kids to eat vegetables, surfing, meditation retreats with sniper rifles. You know, the usual stuff. Caroline lives in Calgary, Alberta, where her lectures go unheeded by her family. The dog listens, sometimes.