



## Creativity and Neuroscience with Joan Carroll-Cronin

**WHEN: Wednesday, November 4, 2015**

**LOCATION: Boston, MA**

- Find nuggets of neuroscience and make discoveries about creativity.
- Discover fresh ideas that resonate with your vision for the future.
- Discern what patterns of life are working and what's not working.
- Challenge yourself to move outside your comfort zone.
- Create maps for change and implement skills & strategies for success.

*"Creativity is intelligence having fun." - Albert Einstein*

### Workshop Overview:

- Learn about research findings grounded in neurobiology and neuropsychology that offer us insights, resources, and tools to enhance creativity. Research also provides new evidence of how "Flow States" and the mind-body connection affect creativity.

- Take a brief tour of brain structures to identify specific neural activation patterns linked with those of highly creative artists

- You'll be invited to complete a fun self-quiz and guided visualization to identify your unique creative style, patterns, and mental comfort zone.

- Learn to significantly expand your creative power by moving gradually outside of your comfort zone to explore different aspects of creativity, make new connections, and uncover new possibilities. Joan will present some exercises and techniques that will inspire you to thrive in the next phases of your creative journey



*"I've been absolutely terrified every moment of my life- and I've never let it keep me from doing a single thing I wanted to do." - Georgia O'Keeffe*



*Joan Carroll-Cronin, MSW, LICSW, RLP is a performance psychology coach who works with visual and performing artists, athletes, and business professionals. She is also a veteran psychotherapist who has held offices in Concord and Acton for over 20 years. Joan founded Optimal Performance Coaching and Positive Interventions Psychotherapy and applies positive psychology principles and mindfulness centered approaches to her practice, and teaches meditation to clients and groups. Joan also has a BFA from the Art Institute of Chicago in visual and theater arts, and performed professionally as an actor for over a decade. A former USATF ranked marathoner, Joan is currently an avid equestrian who competes with her horse "Killian." [www.joancarrollcronin.com](http://www.joancarrollcronin.com)*