creativity
the use of the imagination or original ideas

3 benefits of employees being creative in the workplace:

Creativity builds better teamwork The creative process encourages employees to collaborate, so they're more likely to work together. One person may be able to come up with new ideas. However, it will take an entire team to make them a reality.

Creativity reduces workplace stress Studies have shown that engaging in creativity induces positive health effects in people. Benefits include a reduction in cortisol levels. Cortisol is the human body's main stress hormone.

Creativity allows for better problem-solving A big part of creativity is being able to think outside of the box. A creative workplace gives employees the ability to come up with unique solutions to challenges instead of simply being told what to do.

Is there room for creativity in all workplace roles?

Not all jobs seem like they offer much room for creativity. There are definitely some that allow for more creativity than others. But nearly every job has room for creativity.

Creativity doesn't have to be about artistic expression. Developing new practices, making a workflow more efficient, or finding a better way to do things are all examples of creative thinking.

How to Increase Personal Creativity?

Learn Through Collaboration Curiosity will lead you to creativity. Collaborating with and learning from others may be just what you need to give your creativity a boost.

Ask For Advice or Feedback Sometimes you're too close to a problem to figure out a creative solution all by yourself. Ask for help and advice from friends, peers, and people from your personal network that you trust and respect. Every person has a unique skill set, experience, and knowledge.