

Welcome



The Neuroscience of Creativity

with Ellen Petry Leanse

G24080206

August 9-11, 2024

Greetings,

I'm delighted that you've enrolled in The Neuroscience of Creativity and very much look forward to meeting you in August at Ghost Ranch.

Please find below a short overview of our agenda, some details I wanted to share, and links to sites where you can learn more about my work.

We'll gather from Friday, August 9 through Sunday midday, August 11. After dinner on Friday night – I'll see you there – we'll spend evening time getting to know one another and introducing core concepts for our time together.

After that, we'll share learning and practice sessions both mornings (9am - 12pm), open time in the afternoons, and interactive exercises on Friday and Saturday evenings.

On Saturday and Sunday, expect to be immersed in optimism-building learning and activities from 9am until noon.

We'll spend about 90 minutes in discussion and interaction after dinner each night.

Here's a working agenda:

- FRIDAY: Introductions and a friendly dive into neuroscience with an emphasis on creativity and original thinking
- SATURDAY: Rekindling creativity: an active practice
- SUNDAY: Activating creative thought. Note: check-out time is 10am; I'll build flexibility for this into our plan for that day.

I will keep office hours each afternoon, and will offer an afternoon art project focused on the themes we'll explore. This project will take about 4 hours total and will result in you creating a one-of-a-kind piece commemorating your Ghost Ranch experience.

I'll be available for office hours on Saturday afternoon.

If you'd like to "warm up" with an understanding of basic neuroscience, consider listening to my podcast, The Brain and Beyond; it's available on all major podcast players and on my website, www.thebrain-andbeyond.com. Episodes 1 and 2 would be a good place to start. You may also enjoy Episode 9, which explores the hemispheres of the brain and how their use may correlate to rising levels of stress and hardship in modern life.

I'll be in touch again in July.

With best regards,

Ellen