

CREATIVITY AND SELF CONFIDENCE

HOW DOES SELF ESTEEM IMPACT CREATIVE FLOW?

CREATIVITY IS FLEXIBLE

Creativity is not a fixed variable but rather it is a reflection of poor or positive self-efficacy.



DEFINING SELF ESTEEM

Self-esteem has to do with our habits. It is how we view our worth and value our abilities.



EFFECT OF SELF ESTEEM

Poor self esteem creates mental blocks that hinder creative flow.



CREATIVITY IN JOB PERFORMANCE

Corporations should prioritize self efficacy in employees as it is a key indicator of job performance.



The relationship between creativity and confidence is linear. Confidence builds focus which in turn, builds rhythm. Rhythm plays a key part in developing creative flow.