

Curious about: Creative Problem Solving, Facilitation, and/or Creativity Science?

What's so special about CPS?

The *creative* part makes CPS (Creative Problem Solving) unique; as does its rigorous research history which has refined and synthesized it into the explicit process that it is today!

How might I know if CPS is right for an issue I'd like to resolve?

CPS opens up the terrain to positive, productive, proactive options and solution-finding or formulating! So, if you are stymied in addressing a concern of significant interest to you and:

1. you have total or majority ownership of the issue (or influence with the person who does);
2. you are currently motivated to resolve it as quickly or as thoroughly as possible; and
3. you are willing to invest some imaginative effort in crafting a quality solution rather than a superficial fix;

then CPS is for you!

What *exactly* is CPS (Creative Problem Solving)?

Creative Problem Solving is a time tested theory and method that explicitly illustrates how people go about finding meaningful, or stellar, solutions when confronted with any manner of frustrations, obstacles, obstructions, detours, or challenges, etc.

How did CPS get started, what's its history?

Be it professional or personal contexts, few people walking our planet have absolutely, positively, no problems concerning them. Yet the majority of us usually approach the hugely common occurrence of being faced with a challenging task, endeavor, or problem in haphazard ways. The hazards of doing this are likely easily apparent to you in the everyday happenings of your work and/or personal life, but what if other options were available? What if *positive and constructive, productive, thereby creative* choices were easily accessible to us? What if we could just side step those hazardous and destructive outcomes that grow out of the incessant "haphazard problem reacting" we're used to?

Alex Osborne, founding partner of the New York City Advertising Firm BBDO, made many of these observations in the course of his career and everyday life. His questions regarding his observations inspired him to deliberately pursue tools, techniques, and knowledge about how creativity works. Luckily, 50 years of inquiry into his curiosity and the formalized brainstorming method he originated; by a diverse community of scientist, business leaders, philosophers, artists, inventors, academics, and many more; has shaped the body of knowledge which has founded the CPS method and shaped the discipline of Creativity Science!

What is Facilitation?

Facilitation can be seen as two things. 1) It is a style of leadership 2) It is a manner of planning, organizing, managing, and wrapping-up a group meeting convened to address a specific topic or challenge.

What both meanings have in common is the common denominator that defines facilitation as a method for guiding any creative process. They both encompass:

- positively guiding the productive attention and engagement of all individuals involved;

- shaping a cohesive well-coordinated unit of individuals into a fluid team focused on a achieving a unified end;
- deliberately navigating production details and processes towards achieving that specific end; and
- supporting enhanced (i.e. productive/creative) communication and planning skills of all participants.

Define Creativity Science?

In brief, it constitutes approximately 50 years of a body of research and studied data, information, and knowledge (both quantitative and qualitative) regarding the creativity of human capital. It's roots run deep and span wide into several disciplines. To name a few, these include:

- the business psychology of organizational development, innovation, and leadership;
- other areas of psychology such as developmental, educational, social, cognitive and behavioral;
- some areas of medical and psychiatric research including giftedness and genius; and
- it also bridges the domains of various arts, sciences, and design.

Curious about Stephanie Belhomme?

What inspired production of this type of product?

Her current projects have arisen out of observations made when at age 23 she was set on a path to navigate beyond a mysterious "no cause, no cure" diagnosis, as well as the consequential collateral damage of this debilitating chronic health condition that devastated all areas of living in some way. Noticing how pervasive and readily available the repeatedly emphasized and offered "dis-ease management" approach was for her condition and others dealing with comparable circumstances due to other medical issues, while endeavoring to create for herself a customized, proactive path of "wellness management," inspiration was sparked for: (a) "Re-inventing the Support Group," and (b) "Facilitating Pre/Post and Inpatient Surgical Experiences," and (c) many, many, other wellness supporting or health generating tools, products, services, or community awareness and consideration policies and practices.

The product of is the synergy between expertise shaped during her undergraduate (new media & communication, the economic currency of experiences studies) and graduate training (facilitating human creative capacities, applied imagination & innovation studies). It is thereby also directly nourished by these content areas in addition to the previously mentioned personal inspirations (particularly (a) and (b) noted above).

What might be all the ways to make meaningful use of this product?

Though designed to be effectively utilized by an individual, who may later be supported by a group, to begin addressing any professional or personal challenge, adapting the product for use within the specific context of facilitating health related challenges is a key interest for the future. It is a prototype of what a polygamous marriage might look like between: personal technologies; increased awareness of and accessibility to facilitation experiences; and participants' activating or initiating solution, resolution, change, or transformation of a problematic circumstance, issue, or challenge! When appreciated from this perspective an unlimited amount of applications easily reveal themselves.

What is her education?

Nearly a decade-long health sciences and healthcare industry "experiential-knowledge-training-boot-camp" rooted her interests in a body of knowledge that unites truths of material/physical sciences with those of social sciences, and then grounds both within the pragmatic realities of how individuals, groups, and communities function, flow, and perform at their best.

Through her interests regarding "the physiology of creativity," her expertise in shaping the everyday business processes and personal policies of creativity was deepened and advanced through a variety of professional experiences during and following completion of the Creative Studies Master of Science Program from the International Center for Studies in Creativity headquartered at SUNY's (State University of New York's) Buffalo State College. Be it the productive capabilities and capacities of individuals', groups', or macro-scaled societal-level initiatives, each of these excel from her application of Creative Problem Solving tools, Creativity Science concepts, and culture building training techniques which build positive, cohesive, competitively innovating team dynamics. She's also had training in Appreciative Inquiry (from Case Western University in Cleveland, Ohio) another facilitative technique for consensus building and social change.

Preparation for, and research completed to attain a self-designed Undergraduate Bachelor of Science Degree, titled Culture Communication & Commerce through SUNY (State University of New York) University at Buffalo, provided a bedrock of familiarity and excitement for the powerful potential impacts of: creative cultures, innovation supporting environments, healthy socio-economic and profitable bottom-lines, and the potent economic currency of experiences.

Lifelong fascinations with or pursuits in: Entrepreneurship; the Business Arts and Sciences; the Visual Arts; and Apparel Design and Management; proceeded all of Stephanie's formal research and specialized training.

What has her educational background accomplished?

SKILLED FACILITATIVE LEADERSHIP SUPPORTED BY POSITIVE LEARNERSHIP, INTERPERSONAL RELATING. Through an experiential and scientific understanding of the consequences of deliberately creating, managing, or improving: interpersonal, group, or organizational, culture dynamics; creative climates and processes; and individualized creativity and innovation-oriented behaviors; graduate studies offered an arena for actively developing these pragmatic leadership tools.

PROACTIVE-CURIOSITY. EXCELLENT OBSERVATIONAL SENSES. INITIATIVE & STELLAR INSTINCTS GROUNDED BY KNOWLEDGEABLE EXPERTISE. The foundations for this graduate work sprung from research carried out during undergraduate study examining the question of: how does design (thereby non-tangible goods and services, including communication and culture) become a valued economic commodity? The most vast (macro) definition of "design;" to specified professional niche perspectives of "design;" and then socio-political and personal quality of life/work implications of "design" (a micro perspective) were each thoroughly explored. This study (begun in 2003 and completed in 2005) subsequently revealed the profound reach, in depth and breadth, of experiences as design; positioning experiences as the powerful economic currency of the future and our immediate commercial markets. It is noteworthy how recent (2008, 2009, 2010, 2011) and current (2012) trends and publications (such as those featured

within this product) continue to reinforce and expound upon these findings across many disciplines.

A NATURAL “DESIGNER.” The myriad of methods she’ll utilize or create to stoke your creative fires in guiding you towards meaningful custom solutions and resolutions will astound you!