

UNDERSTANDING CREATIVITY

Creativity fuels personality development by enabling self-expression, fostering emotional intelligence, enhancing problem-solving skills, and promoting personal growth. It encourages authenticity, adaptability, and a curious mindset, leading to self-discovery and enriched well-being. Through creative outlets, individuals can express themselves authentically, develop a deeper understanding of their emotions, and cultivate cognitive flexibility.



Understanding Creativity

L Darling-Hammond



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