

# “6 Secrets to Fast Track Your Creativity”

Digital Course Information and User Guide

## Prospectus

**This course is based on the Maxcebo<sup>®</sup> Method, a holistic program designed to enable you to become your very best supporter, and unleash your talent and gifts on the world.**

**If you are wishing to connect more deeply to your creative self to increase and find joy in your creative output, then you are a perfect candidate for this course!**

**The key to unlocking and fast-tracking our creativity, is understanding how to connect with our true authentic selves and our inner resources. This comprehensive, holistic program provides a step-by-step process of how to do this in an effective yet meaningful way, allowing you to reconnect with your creative potential, release creative blocks and improve overall wellbeing and performance.**

# Course Content

## **Module 1**

### **Video**

1 - Course and module introduction - In this first module you will be taking a look at the birth of creativity, what your creative past can tell you and the science behind imagination.

2 - The Maxcebo® Method – What is it? How can it help me?

3 - Hypnosis – Is it safe, what is Hypnosis and how does it work?

4 - Lesson 1 - Were You Born Creative?

- Make sense of your creative past
- What the research tells you about your creativity
- The truth about child's play

5 - Lesson 2 - Is it Nature or Nurture?

- What is your natural creativity?
- Environmental influences
- Creativity & environment = connection

6 - Lesson 3 - A Deeper Look at Creativity

- What is creativity?
- How does it affect us biologically?
- What can we learn from the science?

7 - Lesson 4 - Bonding with Your Creative Self

- Spending quality time alone
- Communication with self
- Self-trust & Self confidence

8 - Hypnosis 1 - Meet Your Creative Genius!

9 - Module Summary

### **Extras**

Module 1 Interactive workbook pdf

Resources Links

## **Module 2**

### **Video**

1 - Module Introduction - Identifying the artist within you. Getting to know who you really are requires communication because all great relationships are based on connection!

#### 2 - Lesson 1 - A Deeper Look at Connecting Within

- Key elements that create connection
- Your creative comfort zones
- The bridge into brilliance

#### 3 - Lesson 2 - What Is Your Primary Learning Style?

- 3 Main learning styles
- Creativity through our senses
- Visual, Kinaesthetic & Auditory

#### 4 - Lesson 3 - How to Unlock Inspiration

- What is inspiration
- How can it be triggered
- What you can do to inspire creativity

#### 5 - Lesson 4 - Find Your Wings!

- Why is imagination important
- Possibility & belief
- Daring to fly

6 - Hypnosis 2 - The Artist Within!

7 - Module Summary

### **Extras**

Module 2 Interactive workbook pdf

Resources Links

## **Module 3**

### **Video**

1 - Module introduction - The art of being creative is in the 'being'.

2 - Lesson 1 - The Art of Being

- Being vs doing
- Being present
- Being authentic

3 - Lesson 2 - Daydreaming and Space

- Explore the unknown
- Creative flow lives in space!
- Allowing room to grow

4 - Lesson 3 - Creativity and Mood

- What is mood
- How does it connect to creativity
- How can we use mood to create

5 - Lesson 4 - Rules Are Meant to Be Broken!

- Creativity and boundaries
- Self-imposing rules
- Awaken your best self

6 - Hypnosis 3 - The Art of Being.

7 - Module Summary

### **Extras**

Module 3 Interactive workbook pdf

Resources Links

## **Module 4**

### **Video**

1 - Module introduction - Learning to spot creativity vampires will save your creative life!

### **2 - Lesson 1 - Self-Doubt**

- What is self-doubt
- How does it manifest
- What can we do about it

### **3 - Lesson 2 - Perfectionism**

- What is perfectionism?
- How does it manifest?
- What can you do about it?

### **4 - Lesson 3 - Expectations**

- What are expectations & are they all bad?
- How do they affect us?
- How do they link to creativity

### **5 - Lesson 4 - Procrastination**

- Why do we procrastinate?
- Do I procrastinate?
- How can we stop procrastinating

6 - Hypnosis 4 - Motivation & Clarity

7 - Module Summary

### **Extras**

Module 4 Interactive workbook pdf

Resources Links

## **Module 5**

### **Video**

1 - Module introduction - Easing into creative flow. Getting into creative flow is an inside job!

### **2 - Lesson 1 - Meditation and Breath**

- The role of Meditation
- The importance of Breath
- Daily mindful practise

### **3 - Lesson 2 - Intention Setting**

- What is intention setting?
- How does it help you?
- How do you do it?

### **4 - Lesson 3 - Gratitude**

- What is gratitude?
- How does it affect us?
- Why is it relevant to creativity

### **5 - Lesson 4 - Thoughts + Emotion = Action**

- Thoughts can make or break you
- Emotion is fuel for our thoughts
- Actions speak louder than words!

6 - Hypnosis 5 - Gratitude and Acceptance

7 - Module Summary

### **Extras**

Module 5 Interactive workbook pdf

Resources Links

## **Module 6**

### **Video**

1 - Module introduction - You are a creator! Accepting who you really are is the liberation you seek.

### **2 - Lesson 1 - The Importance of Your Creativity**

- How important is creativity?
- Creativity & wholeness
- How to honour your creativity

### **3 - Lesson 2 - The Art of Choosing**

- What is choice?
- The power of choosing
- Choosing creatively

### **4 - Lesson 3 - Failure = Feedback**

- What is failure?
- How does it affect us?
- Why is it relevant to creativity

### **5 - Lesson 4 - Be-Do-Have**

- Be-Do-Have Philosophy

6 - Hypnosis 6 - The Magnificent Creator That You Are!

7 - Module Summary

### **Extras**

Module 6 Interactive workbook pdf

Resources Links

## **IMPORTANT Information**

### **Delivery of Modules**

This course is made up of 6 modules. When you sign up for the course, the first module will be released to you and all lessons from that module will be available straight away. Each subsequent module will be released 28 days after the previous one. This is to ensure that you have time to do all of the lessons, complete the workbook, and do the Hypnosis for 10-14 days BEFORE the next module is made available. It is important to pace this course and follow the guidelines as instructed in full. This is the route to achieving the best possible outcome for the course. The course is designed to run as a minimum 6-month course, but you can take as long as you need and revisit modules as often as you wish.

### **Technical**

The course can be viewed on any device (Laptop, Desktop, Phone or Tablet) that supports HD video. You will require a good internet or data connection to stream the files. The workbooks are in pdf format and can be printed out to complete manually. If you prefer to complete using the interactive fields in the pdf file, then we recommend you do so on a computer rather than phone or tablet, as some of these devices do not save editable pdfs. Please remember to save files after editing and before closing!

If you have any issues viewing the videos or accessing the workbook, please contact us at [office@maxceboacademy.com](mailto:office@maxceboacademy.com) and we will endeavour to help.

### **Safety**

Hypnosis is safe when delivered by a trained professional. Parga Sims Personal Development provide the Hypnosis audio and Rachel Parga who delivers it, is a fully trained clinical hypnotherapist and registered with the [GHR](#) and a senior member of the [ACCPH](#). Rachel is fully insured and the GHR have approved the delivery of general Hypnosis audio via this course.

***Please check with your doctor if you have epilepsy or any psychosis related illness (e.g., Schizophrenia) before listening to the hypnosis audio.***

The hypnosis audio must always be listened to when safely seated or lying down. Preferably just before you fall asleep at night or get up in the morning. Under no circumstances must it be listened to when driving or operating machinery as it WILL relax you and, in some cases, you may fall asleep listening to it!

## **Education Licences**

Courses delivered under an educational licence contain all modules and workbooks but **DOES NOT** include the Hypnosis audio as default, even though it is referred to within the course. The educational institution can agree at the point of purchase to have it included if they wish as some educational establishments may choose to offer the Hypnosis audio direct to students as part of the course delivery at their discretion.

In the situation whereby the educational institution does not provide the Hypnosis Audio, any student over 18 who wishes to use the Hypnosis can apply direct to The Academy for these resources and will be provided with them free of charge, subject to the applicant signing a consent form. Any student under the age of 18 must have parental consent.

## **Disclaimer**

**Liability** - The Maxcebo® Wellbeing Academy Ltd can accept no liability for any misuse of the hypnotherapy audio or any of the information contained within the course and any hypnosis audio is provided to you subject to the GHR Code of practise available [HERE](#).

**Intention** - This course is provided for education and information only and is not intended to replace a consultation with your GP or other health care professional. The information in this course should not be considered as medical advice. If you have any doubts or concerns about your health, you should seek advice from a medical doctor.

**Outcomes** - A well-motivated client who follows all instructions and timings is very likely to achieve realistic goals. However, it is unethical to guarantee an outcome. The control of thoughts, beliefs, emotions and behaviours always reside within the client. No client is “made” to do anything against their will using hypnosis.