

SAY GOODBYE TO STRESS, HELLO CREATIVE MIND!

Free Your Mind with Imagination



Stress is still on the rise

- Despite numerous techniques available today, [a recent report](#) shows stress levels are rising among employees, impacting job performance.
- While mental health support may rely on external assistance, finding time to relieve stress can be challenging in today's fast-paced work environment.
- Mental health support can be costly - highlighting the need for accessible and effective solutions.

Imagination: Key in Stress Relief and Creativity

The key to relieving stress, and enhancing creativity is within each one of us!

The power of imagination can strengthen the mind and empowers individuals to rely on themselves even in times of difficulty.

However, according to NASA, only 2% of adults are fully utilizing their imagination. This is not because we lose it as we grow older, but rather we are not fully trained on how to tap into our imaginative potential.

Imagination Improvement – Insightful Tools for Stress Management

Our course provides the tools and imagination exercises that can:

- **Quickly relieve stress**
- **Enhance the creative mind**

We practice together to ensure everyone feels comfortable using imagination, empowering them to access self-care whenever needed.

Key Benefits of Improved Imagination include:

- Productivity
- Motivation
- Stress relief
- Creative problem-solving
- Anger management
- Team communication



Tools & Knowledge include:

- Music interludes
- Imagination exercises
- Videos for practices
- Tuning fork
- Zen and Plato's philosophy

The Course is offered :

- Via live virtual sessions
- Delivered over 2 + or 4 sessions, 90 mins each
- Group / individual sessions
- Led by an experienced instructor

ABOUT US

At the Imagination Improvement Institute, we offer the Imagination Improvement Course designed to help individuals alleviate stress and enhance their imagination.

The course originated from a fundamental question:

"How can we strengthen our minds?"

This led to the development of a technique that incorporates music and imagination exercises.

Initially launched in Japan and now available in the U.S., we provide specialized training in imaginative techniques to enhance imagination.

DID YOU KNOW..

Imagination is a unique human ability that **AI cannot replicate?** Creative thinking ranks as the 2nd top skill that businesses prioritize by 2027, according to the World Economic Forum.

CONTACT US

info@open-alpha.com