



TESSA I. RICHTER

CREATING NEW LEADERS

From “Wrong” to Strong – A Group Coaching Collaboration with the Neurodiversity Support Network of Switzerland



Group Aim: Understanding how creativity is at the core of neurodivergence and how to activate this powerful energy in daily life

- *Do you feel like you are different from others?*
- *Do you have the impression that you're not efficient?*
- *Are you often overwhelmed by:*
 - *sensory overload*
 - *intense feelings*
 - *a flood of ideas*

Then welcome to our group!

Our world is not geared to our neurodivergent traits and strengths, so we are mostly perceived as “wrong.” As a result, we are unable to conform to an outdated and mechanistic idea of who we are as human beings.

A NASA study has found that all humans are born as highly creative individuals but lose this potential by the time we're adults – through our educational system and a society that only acknowledges a tiny fraction of our human potential, rewarding behaviours that inhibit connection with creativity and our own humanity.

However, we believe that **neurodivergent traits are rays of the highly creative genius** waiting to be expressed. They are sometimes perceived as disruptive because they don't fit into the current world view.

This group is a space for you to explore how your unique way of being in the world and how expressing this in everyday life helps you create what is essential to you.

Some of the topics we will explore:

- Your purpose and strengths
- Your neurodivergent attributes reframed as strengths
- Personal stumbling blocks and challenges
- Practices to love yourself
- Creating sacred spaces to reset, reconnect and be inspired
- Structure and improvisation – the principles of successful creation
- Cooperating with life as it is – there is never a perfect moment to start
- What gives your life meaning: create what matters
- Timing and cycles in creative processes
- Using timelines to help structure creative processes and set realistic goals
- Prioritising ideas
- Self confidence and resilience
- Where do I go from here – my next steps

In **practical and immediately applicable tools and practices**, you will be guided to embrace and express who you are, with your personal strengths and uniqueness.

Know yourself – love who you are – create what matters

Details:

Weekly sessions of one hour in a small group over a period of 8 weeks.

The first part of the hour will be dedicated to learning practices or reflecting on who you are, followed by group coaching where we can discuss your personal themes and questions.

The group can only be booked as a whole. Please bring a pen or pencil.

Dates: Wednesdays 1 to 2 pm

Please get in touch to find when the next start is.

Fee: 390 CHF

Contact and register: Tessa Richter, mail@tessarichter.ch,
www.oursecretpotential.com . Link will be sent following registration



About Tessa

Musician, Artist, Business Owner, Coach and author. Since being identified as a Highly Creative Person, she has become an expert on the topic, as well as on how living our unique human potential is connected to our wellbeing. Fascinated by what humans can accomplish, her journey has taken her to explore practices from ancient cultures, such as meditation and mindset techniques, to the realms of modern physics, to understand the world we live in. In 2020 she published her findings in her second book *'Our Secret Potential - a New Approach to Purpose, Performance and Wellbeing in the 21st century'*.

For the last 10 years, Tessa has been coaching individuals, including C-level executives, seeking guidance with job loss, health issues or other life transitions. Her research over the past decades into understanding how creative processes work and how this energy can be harnessed, as well as specifically for those with this gift, has inspired her to write her third book, *'Being Highly Creative – our Superpower at the Dawn of a New Era.'*

Tessa's unique journey has taken her through several successful careers on the one hand, but also through dark and lonely phases, where she has felt deeply isolated. These experiences have led her to understand that our inherent creative potential wants to be expressed. And when not allowed, it will find its own way – with or without pain, stress and depressive states, or other physical and mental symptoms.

Having experienced that being highly creative comes with many traits of ADHD, autism, high sensitivity and bipolarity, she is on a mission to reframe these so-called disorders as resources that allow us to access our full human potential of being highly creative.