



The Innovation Workout: The 10 tried-and-tested steps that will build your creativity and innovation skills

Lucy Gower

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Take your performance to the next level with our tried-and-tested guide on innovation.

The Innovation Workout has been specially developed to be clear, simple, very easy to follow and highly effective. Our unique pre-workout test will help you identify your weak and strong points and the straightforward 10-step improvement plan will show you how you can quickly boost your skills.

- Test yourself – Start by finding out your current confidence and knowledge of innovation
- Follow the 10 Steps – learn everything you need to know to become an expert innovator
- Take action – Experience 10 situations where you can apply your new-found skill in real life
- Face your fears – Take on 10 common innovation challenges to test your skills and find out how to handle them.

This book really works. Start your innovation workout today and begin exercising your full potential.

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