

ZORANA IVCEVIC

Zorana Ivcevic, Ph.D., is a Research Scientist at the Yale Center for Emotional Intelligence. She completed her undergraduate studies at the University of Zagreb in Croatia, received her doctorate from the University of New Hampshire, and did postdoctoral work at the Interpersonal Communication and Interaction laboratory at Tufts University. Dr. Ivcevic studies the role of emotion and emotion skills in creativity and well-being, as well as how to use the arts (and art-related institutions) to promote emotion and creativity skills. She is Associate Editor of *Psychology of Aesthetics, Creativity, and the Arts*, and the *International Journal of Creativity and Problem Solving*. She collaborated with colleagues from Denmark, Spain, China, and Croatia and published her research in journals such as *Personality and Social Psychology Bulletin*, *Journal of Personality*, *Applied Cognitive Psychology*, *Creativity Research Journal*, *Journal of Creative Behavior* and others. Dr. Ivcevic received the Award for Excellence in Research from the Mensa Education and Research Foundation for her research on emotional intelligence an emotional creativity, as well as the Berlyne Award for Outstanding Early Career Achievement in psychology of aesthetics, creativity, and the arts from Division 10 of the American Psychological Association.

Emotions are fuel and tool of creativity

The creative process is full of emotions, from the decision whether to share original ideas (Will people think my ideas are silly?), to positive emotions that inspire thinking, to frustration when facing obstacles, or disappointment when being criticized. This presentation will talk about emotions and creativity from three distinct perspectives. The first perspective concerns research on emotion states (relatively short emotional experiences) and creativity. The second perspective concerns typical emotions (emotion traits) across time and situations (e.g., generally positive or negative emotions). The third perspective considers emerging research on emotional intelligence and creativity, especially abilities of using emotions to aid thinking and regulating emotions. The presentation brings these different perspectives together to show how emotion states, traits, and emotion abilities jointly influence creativity. Finally, we consider the lessons of this research for enhancing creativity. How can we enhance creativity? We conclude that the key question is not what specific emotions will enhance or hamper creativity, but how different emotions are used and managed help creativity.