

## Creative Thinking through Mindful Practices: A Business Class Case Study

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**Abstract :** This study introduces the use of mindfulness techniques in the classroom to make individuals aware of how the creative thinking process works, resulting in more constructive learning and application. Case observation method was utilized within a classroom setting in a graduate class in the Business School. It entailed, briefing the student participants about the use of a template called the dots and depths map, and having them complete it for themselves, compare it to their team members and reflect on the outputs. Finally, they were debriefed about the use of the template and its value to their learning and creative application process. The major finding is the increase in awareness levels of the participants following the use of the template, leading to a subsequent pursuit of diverse knowledge and acquisition of relevant information and not jumping to solutions directly, which increased their overall creative outputs for the given assignment. The significant value of this study is that it can be applied to any classroom on any subject as a powerful mindfulness tool which increases creative problem solving through constructive knowledge building.

**Keywords :** connecting dots, mindful awareness, constructive knowledge building, learning creatively

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