



understanding how creativity is at the core of neurodivergence and how channelling your creative energy can change your life

Introductory Webinar

for neurodivergent people diagnosed with ADHD, high sensitivity, depression, autism, bipolar disorder and high giftedness

We are all born highly creative, as demonstrated by a NASA study. By the time we reach adulthood only 2 percent or less still fall into this category of genius. What has happened? Our educational system, our societal demands and an outdated operating system of human beings functioning as machines. These factors have managed to suppress and inhibit who we are by nature: highly creative individuals.

In this light, we can look at all of the above neurodivergent personality traits as being rays of the innate light of our creative genius, radiating and expressing against all odds: they are in fact expressions of the creative energy.

What if we could reframe neurodivergence, shifting it towards something highly positive? Could we become beacons of light leading society towards the expression of full human potential?

About the speaker

Tessa Richter is an expert on High-Creativity, having been diagnosed three times in her life as highly gifted, and 20 years ago as highly creative. She has published articles and a book on the topic, coaches and gives workshops for highly creative and neurodivergent people.

Researching, exploring and connecting with other neurodivergent experts, she has come to realise that not only is she highly sensitive, on the autistic spectrum and has ADHD, but that all of these personality traits are an intrinsic part of being highly creative. These labels often come with a negative connotation, because we have internalised the inhuman expectations our educational system and societal demands put on us. However, they are actually based on an outdated operating model of us being like machines – all functioning in the same way.

Tessa's journey through several successful careers on the one hand, but also of being isolated and misunderstood, with dark and lonely phases in her life, have led her to understand that our inherently highly creative potential wants to be expressed. If we don't allow it to, it will find its own way – with or without pain, stress and depressive states, or other physical and mental symptoms.

It is up to us to reframe this powerful gift and create something that will enable us individually and collectively to build a different world. One we will love to live in.

Join us in this exploration of our creative potential. After an introduction on Tessa's own journey and on the topic, you will get the chance to have your personal questions answered.

Please be aware that this is an interactive webinar, meaning that spaces are limited and participation will be on a first come first served basis.

Time: February 20th 2025, 6 pm – 7 pm

Cost: 15 CHF

Place: online. Access link will be sent once you've signed up and made the payment.

To sign up please contact Tessa at mail@tessarichter.ch

For more information about the speaker visit www.oursecretpotential.com

Please prepare your questions, but also be aware that the time for answers is limited. So, please allow time for everyone.