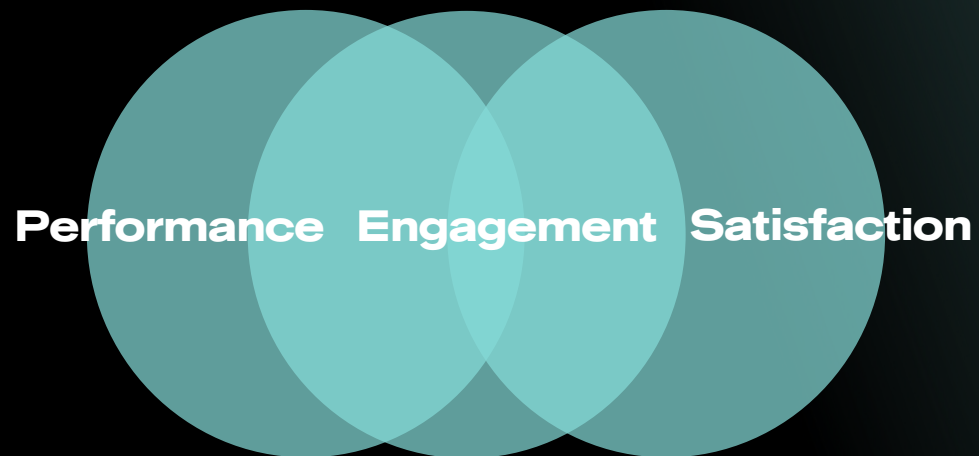


THE FLOW CODE

Proven to perform.

We have spent decades culminating the latest scientific research and insights working with elite professionals to find the systemic code that enables all professionals to be their best.





FLOW CODE

Systemic factors that
facilitate flow attainment



Flow Drivers

Proven factors that
enable and sustain flow.



Flow Leadership

Leadership principles that
creating flow cultures.



Flow Values

Values that foster
flow environments.

FLOW CODE

Flow Coaches use proven flow factors



Flow Drivers

Proven factors that enable flow.



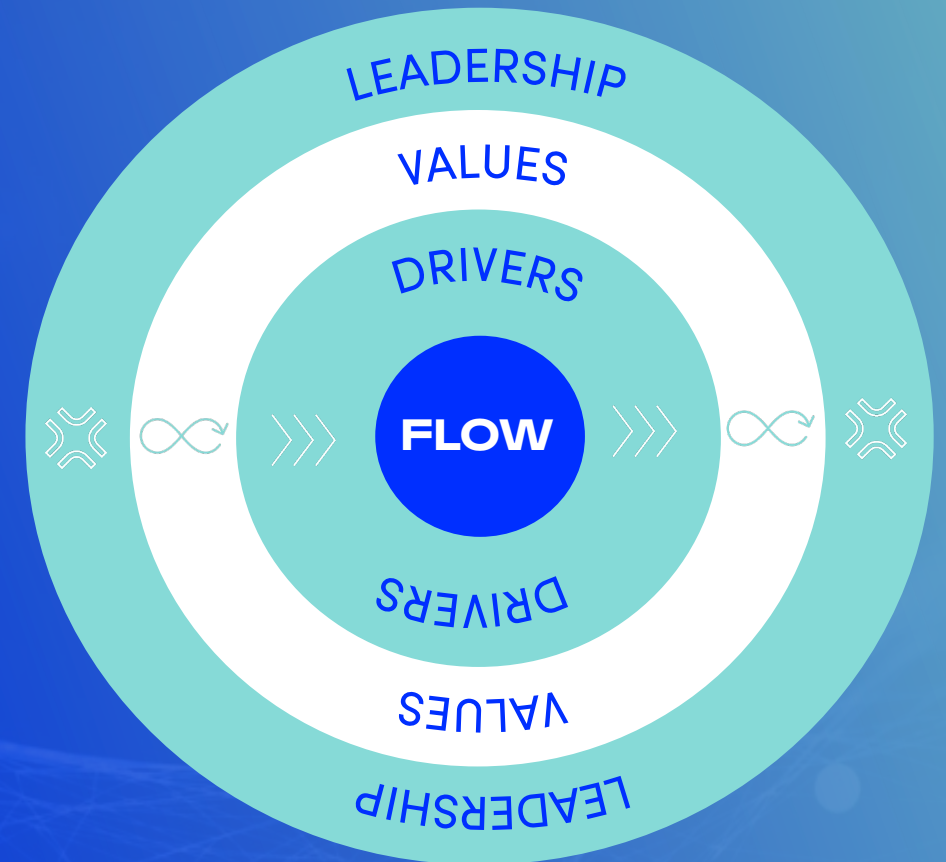
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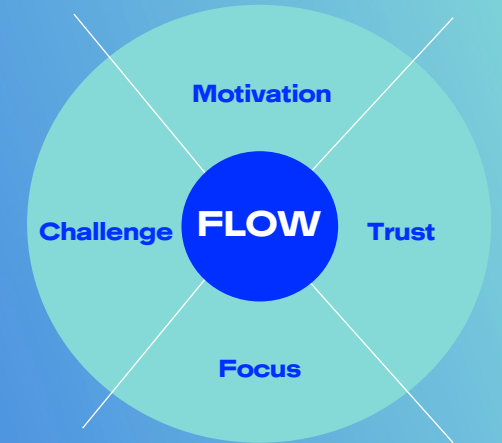




FLOW CODE



FLOW DRIVERS >>>



Motivation

Flow is an autotelic experience and occurs when there is a high motivational force

Challenge

Flow occurs when the level of complexity or challenge level is optimal

Trust

The effortlessness and absorption of flow demands absolute trust within self and others

Conflict?



Focus

In flow all our psychic energy is focused on the task at hand

Distraction?



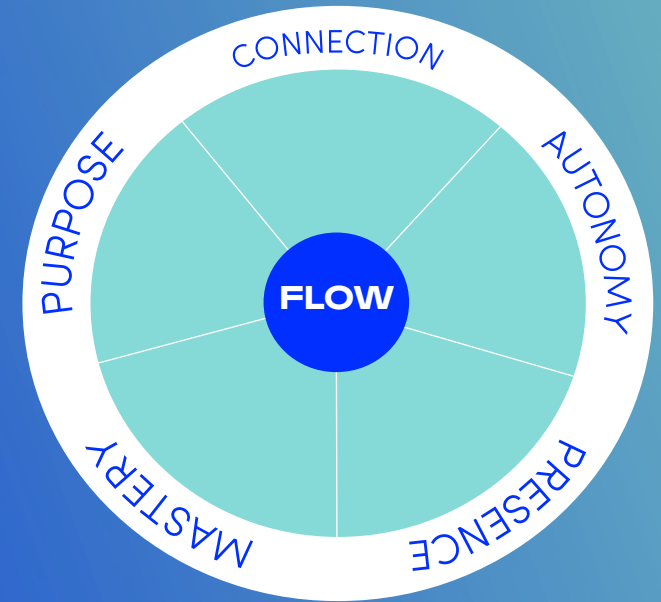
FLOW

Flow is allowed to occur when prioritised and any conflict and distraction is absent.

FLOW VALUES



FLOW CODE



Connection

A sense of connection to self and others allows compassion, alignment, and cohesion to occur.

Purpose

Flow requires meaningful and clear goals to create sustained concentrated action.

Autonomy

Autonomy coupled with adequate training leads to flow, superior work performance outcomes.

Mastery

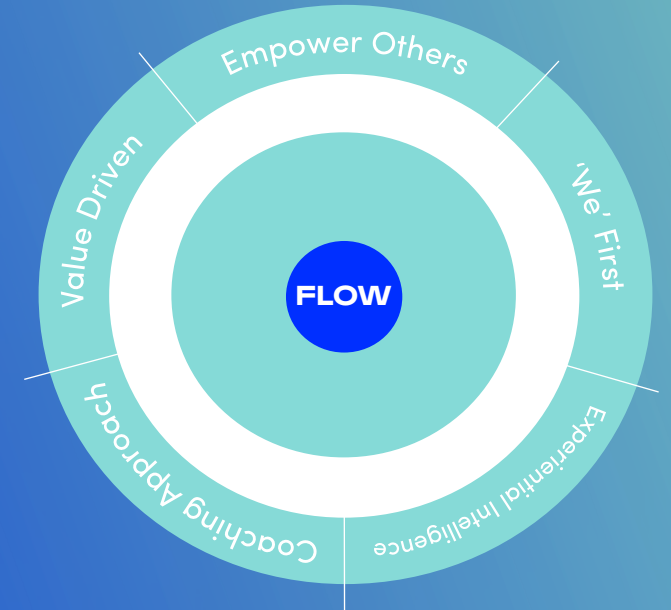
Flow requires a culturally safe and growth orientated approach towards mastery.

Presence

Flow requires absolute focus to the task; a sensing that includes intuition action and experiential freedom.

FLOW LEADERSHIP

FLOW CODE



Empower Others

Empowering others allows for growth and complexity. It fosters confident individuals and agile teams.

Value Driven

Decisions and actions aligned with strong values develops strong structure and cultural security.

'We' First

Putting shared agendas ahead of personal gains creates trust, unity, and collective action.

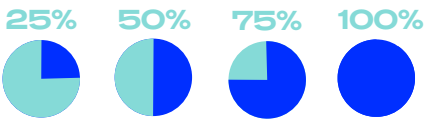
Coaching Approach

A coaching approach enables individuals to learn, grow and become self-determined.

Experiential Intelligence

Subjective experience underpins all decision-making, actions, and performance. Day-to-day experience needs to be at the heart of cultural engagement.

Leadership Comparison



	'We' First	Trust	Coaching	Experience	Value Driven	Model Intent
Transactional						Efficiency
Transformational						Vision/ Change
Participatory						Democratic
Humanistic						Satisfaction & Well Being
Situational						Developing skills & competence.
Flow						Performance & Optimal Experience.

FLOW ORGANISATION

Teams, businesses, and organisations can become FLOW ORGANISATIONS, a badge of honour for human performance.

By successfully integrating the Flow code and committing to continued advances to HUMAN performance, the Flow Centre can award an accreditation.



SETTING THE STANDARDS FOR
HUMAN PERFORMANCE AT WORK

The background is a solid blue color with a complex, abstract pattern of white lines and dots. The lines are thin and connect various points, creating a network-like structure that resembles a molecular model or a data visualization. The dots are small and are placed at the intersections of the lines, as well as in open spaces. The overall effect is a sense of connectivity and dynamic movement.

LET'S TALK!

crew@flowcentre.org