

Flow

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Definition - Flow

“Many athletes describe the flow state as a **shift of the mind**; they state that they experience **total calmness** and a complete awareness of what is going on, often mentioning that they experience complete silence and that time seems to slow down, as if everything shifts to slow motion.”

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Downloaded LinkedIn September 19th, 2022



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Story – S n C Flow



- 30+ years
- Total calmness



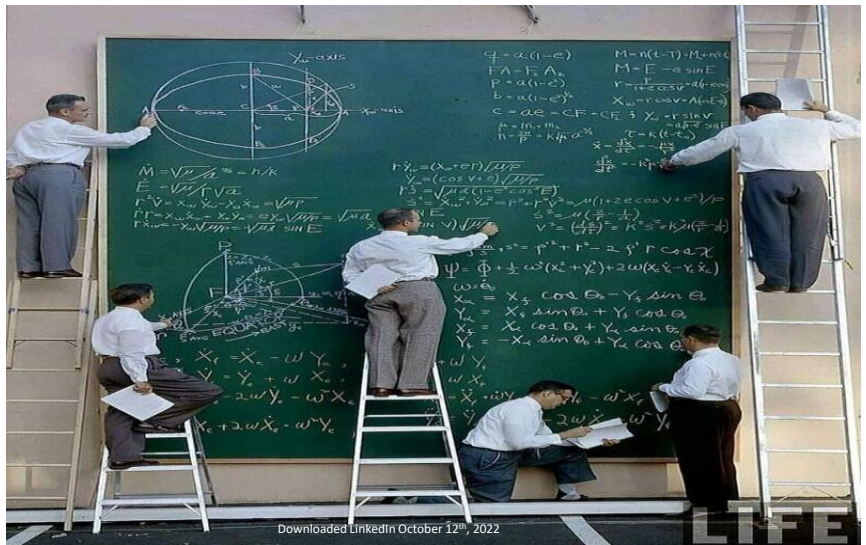
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Key factors -



- Background – Theory & Applied
- Keep it simple
- Read the session
- Be a great listener and say little
- Language used
- Sustainable practice
- S n C model
- Technology
- **Difficult experiences**
- **Be present**
- ?



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Questions?

