



Finding Your Ultimate State of Flow

According to psychologist Mihály Csíkszentmihályi, the “optimal experience” of FLOW feels like “being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you’re using your skills to the utmost.”

In a Harvard Business Review article by Terri Griffith, she states “Flow has been tied to performance by improving concentration and motivation. But when you’re constantly interrupted, it’s hard to find a state of flow. One workplace study found an average of almost 87 interruptions per day (an average of 22 external interruptions and 65 triggered by the person himself). Then, on average, it takes over 23 minutes to get back on task after an interruption, but 18% percent of the time the interrupted task isn’t revisited that day.”

Finding your ultimate state of flow means getting into the zone and managing your time and energy so you can show up at your full potential.

Participants will learn:

- Understanding your energy gainers and drainers
- How to gracefully say “no”
- The power of setting clear boundaries
- Creating and sustaining new daily, weekly and monthly habits and routines
- Simple personal time management strategies
- Using a flow calendar to keep you on track

SPEAKER

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SPARK Creations is a heart based leadership and empowerment organization that provides highly interactive and fun experiential learning and development, strategic visioning and leadership alignment, and people and culture programs for individuals, teams and organizations. As the Co-Founder and Creative Essence Originator (CEO), Lorie is energetic, driven, and tireless in her pursuit of self development and people contribution. Over the past 18 years, Lorie has cultivated her coaching, leadership development, and people and culture development experience as both a strategic and progressive senior human resources leader. Lorie is also the Co-Chair for the BC HRMA Learning and Development Roundtable, the Director of Leadership Development, Leadership Coach and Facilitator for Corporate Symphony International, and the Co-Founder and President of Enspire Foundation.

BOOKING

Workshop Fee: \$450.00 for 60 to 90 minutes