



Definition of flow: “to move, come, or go continuously in one direction”

## 5 PRINCIPLES OF FLOW

Our unique FLOW approach is infused throughout all of our offerings to give you and your team a fully integrated and life-changing experience. We follow five principles that keep us on track.

HOLISTIC	FOCUS ON THE WHOLE EXPERIENCE
HUMAN	MAKE EVERY HUMAN CONNECTION COUNT
CREATIVE	SHARE NEW & FRESH PERSPECTIVES
COLLABORATIVE	ALWAYS DO THINGS TOGETHER
SIMPLE	MAKE IT NATURAL & EASY

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## ABOUT SPARK CREATIONS & COMPANY INC.

IGNITING CULTURES. CREATING PURPOSE.

SPARK Creations & Company Inc. is a training and development organization that inspires people and companies to create meaningful cultures and workplaces. We use a unique FLOW approach through all of our product offerings to focus on the whole experience using new and fresh perspectives in a collaborative way whilst keeping it simple and clear.

Our team of creative, committed and progressive trainers, facilitators, and certified executive and leadership coaches have 75+ years combined corporate training experience in strategic culture visioning, leadership development, team building and communications, executive and leadership coaching, people and culture program development (human resources), flow (lean and process) management, employer branding and marketing, and project management.

Ready to ignite your culture and create purpose? Connect with us today!

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# CULTURE CONVERSATIONS

## CULTURE LEARNING: INSPIRING PURPOSE AND HUMAN CONNECTION

### AN ADAPTIVE PROCESS DEVELOPING THE CAPACITY AND CAPABILITY OF THE INDIVIDUAL

As is often the case, it's not only a matter of what we say, it's how we say it. At this stage of the process, we are translating what we learned in Culture Design and integrating at the individual level to co-create capacity across and throughout the organization.

A few Culture Learning training experiences we will co-create with you:

- Essence Leadership™: Becoming a Conscious and Purpose-Driven Leader (Standard & Customized Training Programs)
- Team Communication™: Inspire Trust, Collaboration and Creativity (Standard & Customized Training Programs)
- Flow Management™: Aligning People, Product, and Process (Standard & Customized Training Programs)
- Culture Leadership™: Creating Human Centered Cultures (Standard & Train the Trainer Program)
- Executive / Leadership Coaching and Development (1:1, Group Masterminding, 360 Leadership Reviews, Leadership Retreats)
- Culture Conversations (Lunch & Learns, 30 Day Learning Bootcamps, Team Retreats)
- Team Assessments: Emergenetics (Brain Science & Behaviors), StrengthsFinder & StandOut (Strengths), and Emotional Intelligence (EQi)

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To SPARK casual learning conversations within your team, we offer three options:

(1) Lunch & Learns - 60 to 90 Minute Training Sessions or Speaking Events

(2) 30 Day Learning Bootcamps - 2 Hour Training Sessions, which includes Job Aids, Online Resource Page, and Success Circles (Accountability Pods) to integrate the learning within 30 days. Up to 12 or 24 Team Members per Session, 4 Team Members per Success Circle. The topics offered for the bootcamps are noted below with \*.

(3) Team Retreats - 2 Hour, Half Day, or Full Day Customized Sessions

A few Culture Conversations we will co-create with you:

- Building Trust from the Inside Out\*
- Performance Feedback and Courageous Conversations \*
- Increase Engagement Through Coaching Conversations \*
- Cultivate Team Flow (Alignment and Accountability)\*
- The Art of Active Listening
- Create a Powerful Check-In Meeting
- Rediscover Your Core (Values)
- Start With Your Why (Purpose)
- The Difference Between Advising and Coaching
- Creating a WOW Interview Experience (Candidate or Interviewer Perspective)
- How to Build Your Ideal Culture
- The Power of Mindfulness in the Workplace
- The Art of Curiosity
- Creating Authentic Leaders Starting With You (Discover the Authentic Leader in You)
- Define and Strengthen Your Leadership Purpose
- The Power of Leadership Presence in the Workplace
- Finding Your Ultimate State of Flow (Personal Time and Energy Management)
- Realize the Power of Emotional Intelligence
- Stand Out and Be Bold (Confidence Building)
- The Art of Storytelling
- Engagement Strategies for Effective and Meaningful Meetings
- The Benefits of Co-Creating a Culture of Gratitude

To book a Culture Conversations workshop today, contact [connect@startyourspark.com](mailto:connect@startyourspark.com) or call 604.760.5648.

