



FINDING YOUR ULTIMATE STATE OF FLOW



Finding your ultimate state of flow means getting into the zone so you can manage your time and energy and show up to perform at your full potential. A Harvard Business Review article by Terri Griffith reveals that finding your state of flow is easier said than done: "...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...on average, it takes over 23 minutes to get back on task after an interruption..."

Discover your ultimate state of flow in this interactive session.

LEARNING OBJECTIVES:

- Define your ultimate state of flow
- Create an inspiring vision to keep you energized
- Develop accountability and commitment strategies using a FLOW Plan™
- Explore simple personal management tools and techniques to achieve and sustain your ultimate state of flow