



Finding Your Flow

BASIC PROGRAM OUTLINE FOR THE 4-HOUR WORKSHOP

I. The Flow Experience

- Understanding the nature of “Flow”, “The Zone” and “Peak Performance” in multiple arenas.

II. The Personal Excellence Model

- Moving through Unconscious Incompetence to Unconscious Competence. From no awareness to self-mastery.

III. The “Finding Your Flow™” Model

- From self-awareness, choice, pro-action, to habit formation and back again. This is a model for ongoing personal leadership development.

IV. A Contrast of Experience—Experiencing Flow

- From worst moments to peak experiences. Participants contrast these experiences to identify essential principles and practices of high performance.

V. The Traditional Components of Flow

- The basics.

VI. Expanding Awareness: Understanding the “Critical Factors” of Flow

- Being at your best is comprised of multiple “Flow Factors”.
- Becoming acquainted with these factors will increase self-awareness.
- Seeing “Flow Factors” through the “Twelve Dimensions of Flow”.

VII. Identifying your “Flow Assets and Liabilities” (720° Sweep Assessment)

- More than 60 personal questions assess your current flow capacity. Use this exercise to begin identifying your core Flow Assets and Flow Liabilities as an individual performer.

VIII. Conducting Your Personal “Force-Field” Analysis

- In conjunction with the “720° Sweep” exercise, participants identify both internal and external factors that contribute to and hinder performance.

IX. Building your own “Flow Formula”

- Using the “Force-Field” Analysis exercise, participants identify the most important factors for taking the next steps in personal leadership development and self mastery.

X. Identifying Personal Strategies

- Once core Flow Assets and Liabilities are identified, participants translate good intentions into measurable results. In this phase of the workshop, each participant will work with a partner to develop a simple performance plan to take his/her performance to the next level.

XI. Charting a Personal Action Plan

- Participants work together to clarify SMART Goals and objectives to close gaps and improve performance.

XII. Becoming Your Own Best Coach

- By using the “Finding Your Flow™” process each participant will recognize that they are their own best coach—giving them the skills and long-term framework to re-visit their “Flow Assets and Liabilities” and develop a flexible, yet compelling life-long learning plan.

XIII. Score-Carding and Personal Accountability

- Participants learn to transfer their goals and plans into a personal score-carding system (for full-day sessions).
- Personal score cards support accountability and long-term leadership development.



Testimonials

FINDING YOUR FLOW

"Dr. Jackson's workshop with our financial advisors was exactly what we were looking for as a value-added, comprehensive, innovative, and interactive program to enlighten and invigorate them to demand a higher level of performance from themselves professionally and personally. I was thoroughly impressed with Dr. Jackson's preparation and customization for our group, and I would enthusiastically recommend him to other individuals and organizations."

Brett M. Longfield

Business Development Manager VP
MORGAN STANLEY SMITH BARNEY
NORTHERN COLORADO COMPLEX

"Many people jump into personal development training without the self-awareness to choose the right method of practice. Finding Your Flow provides just this awareness."

Jeff Weber

VP People
ANCESTRY.COM

"The Finding Your Flow workshop gave our independent consultants the model, framework and motivation to own their own leadership development. In a world where there is so much technical and leadership content to master, this workshop helped each of our performers focus on the one thing they needed to take their personal and professional game to the next level. Thank you for an empowering experience!"

Neal Bingham

President
ALTIVUS MORTGAGE

"Focus and being in the zone is what the Olympics are all about. If you want to be an Olympian in anything, Finding Your Flow will help you discover that 'one thing.'"

Noelle Pikus-Pace

U.S. Olympian (Skeleton)

"Finding Your Flow provides a road map for peak performance through a straight forward approach that will benefit not only the newcomer to self-development, but also the seasoned expert who is looking for the edge to take their performance to the next level."

JRod B. Streets, MPA, SSBB, CMA, CFM

Manufacturing Finance Executive

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