

The Benefits of Going With the Flow

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Strong mentors accrue a host of professional benefits - Photo by Performance Frontiers

Leadership Primer:

Discover the Profound Impact of ‘Flow’ on Success

“Love and work are the cornerstones of our humanness.”
Sigmund Freud

The state of ‘flow’ in human life is a powerful force that can springboard us to our greatest accomplishments.

How do we reach this sometimes elusive space and what does it mean for organisations and leaders?

Unpack the nature of flow and explore how we can create an environment that invites it in for ourselves and our teams with “Go with the Flow”- part of our Leadership Primer series.

Performance Frontiers · Go With The Flow

References and Further Reading:

<https://wavelength.asana.com/workstyle-team-flow/>

<https://youtu.be/GZbUDzmKvus>

<https://positivepsychology.com/theory-psychology-flow/>

<https://www.honor.org/next-speaker-series-michael-crooke-on-creating-team-flow/>

https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness?language=en

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