





Leadership developer & business activation coach.

Make work satisfyingly personal professionally business like

On a mission to help people lead with ease. Nesigh ways of working that are personal, creative Sociable.

### Justlead Leadership for humans

There is *leadership* There are *leaders* And, there are people who *JUST LEAD*.

# FLOW

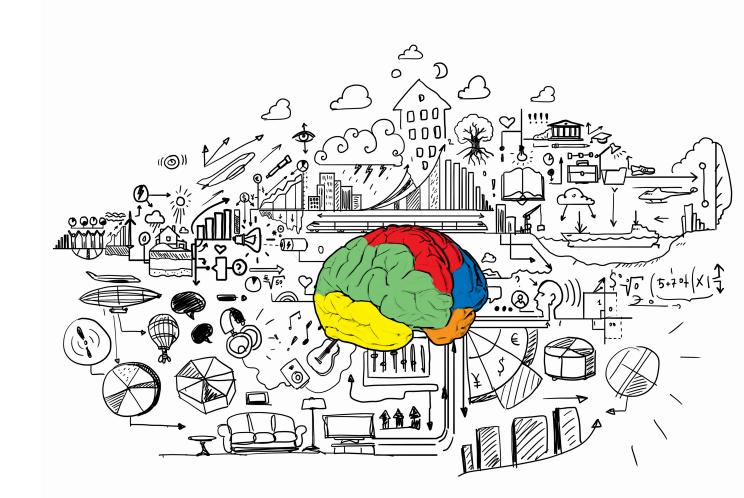
... a steady, continuous stream or supply of something.



## "

....being completely involved in an activity for its own sake.

Csikszentmihalyi



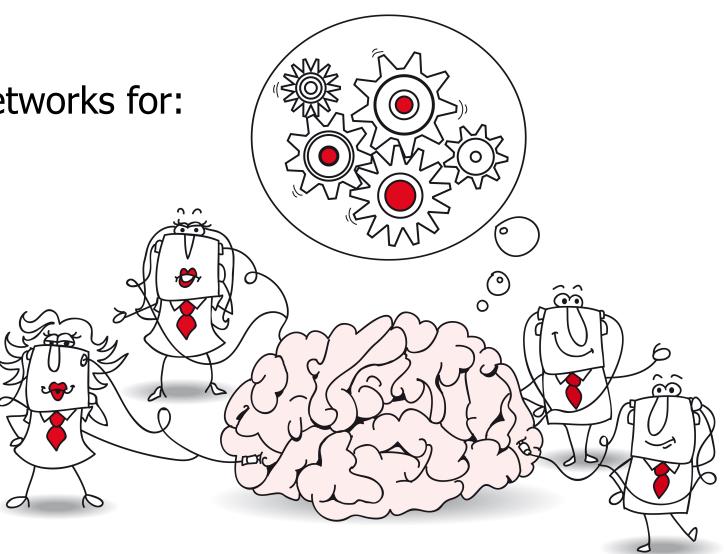


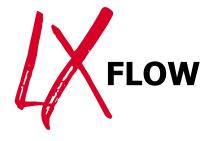
- 1. Intense concentration
- 2. Action & awareness merge
- 3. No self-consciousness
- 4. Feel personal power
- 5. Lose track of time
- 6. Feels totally awesome



Creative brain combines networks for:

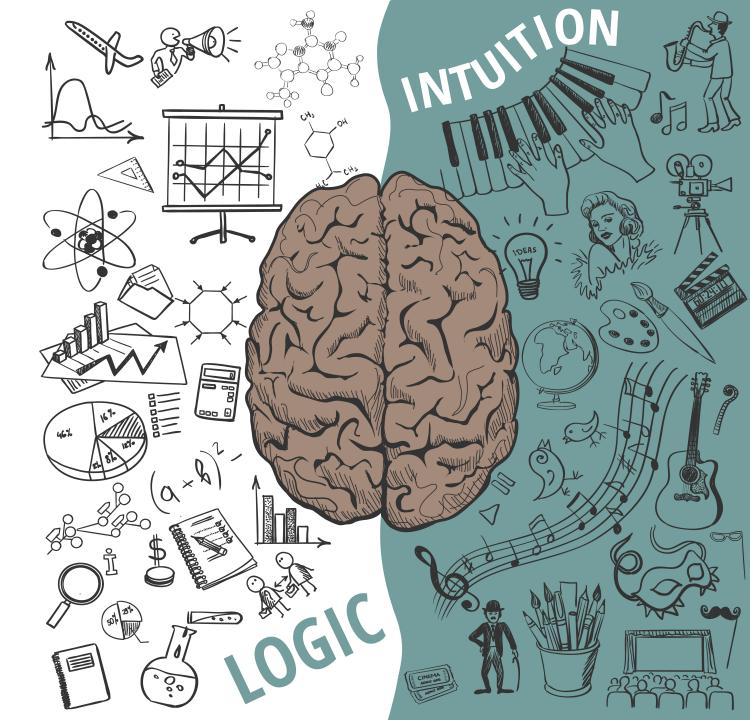
- Executive Attention
- Imagination
- Salience (noticing)



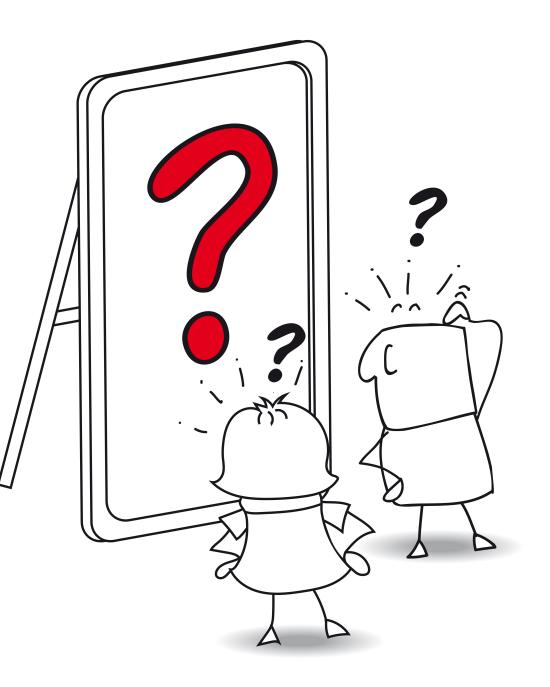


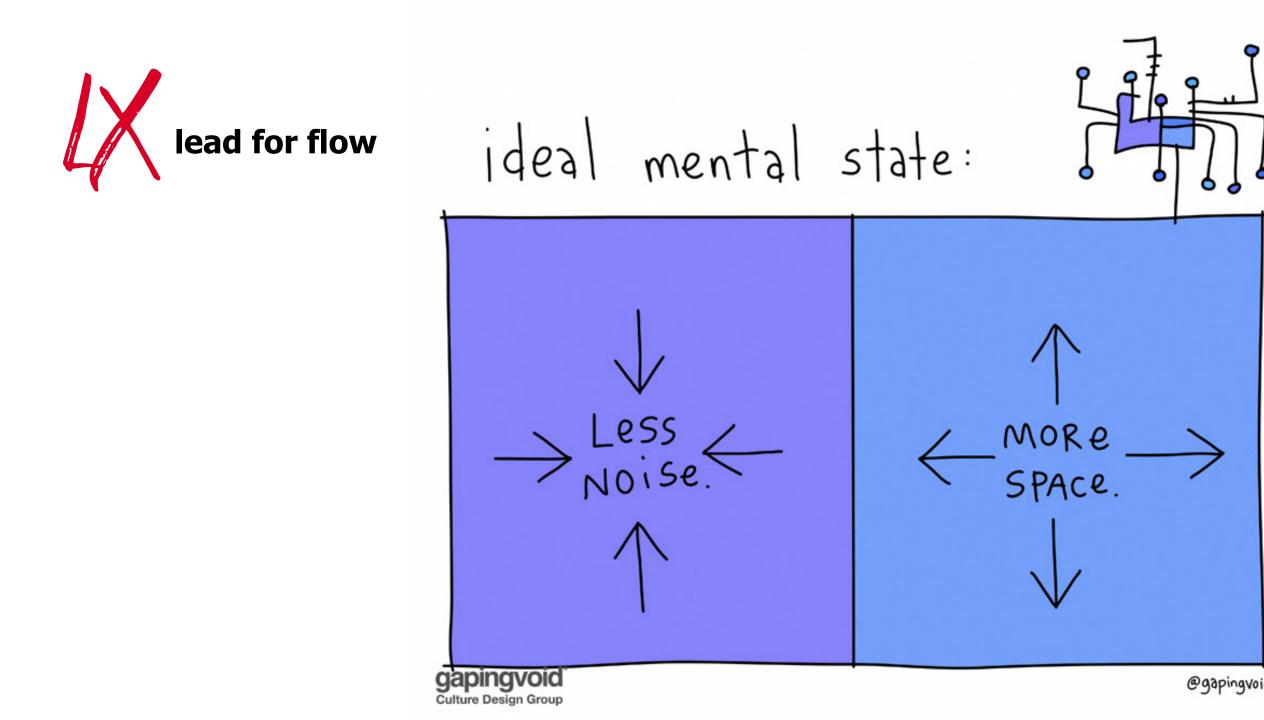


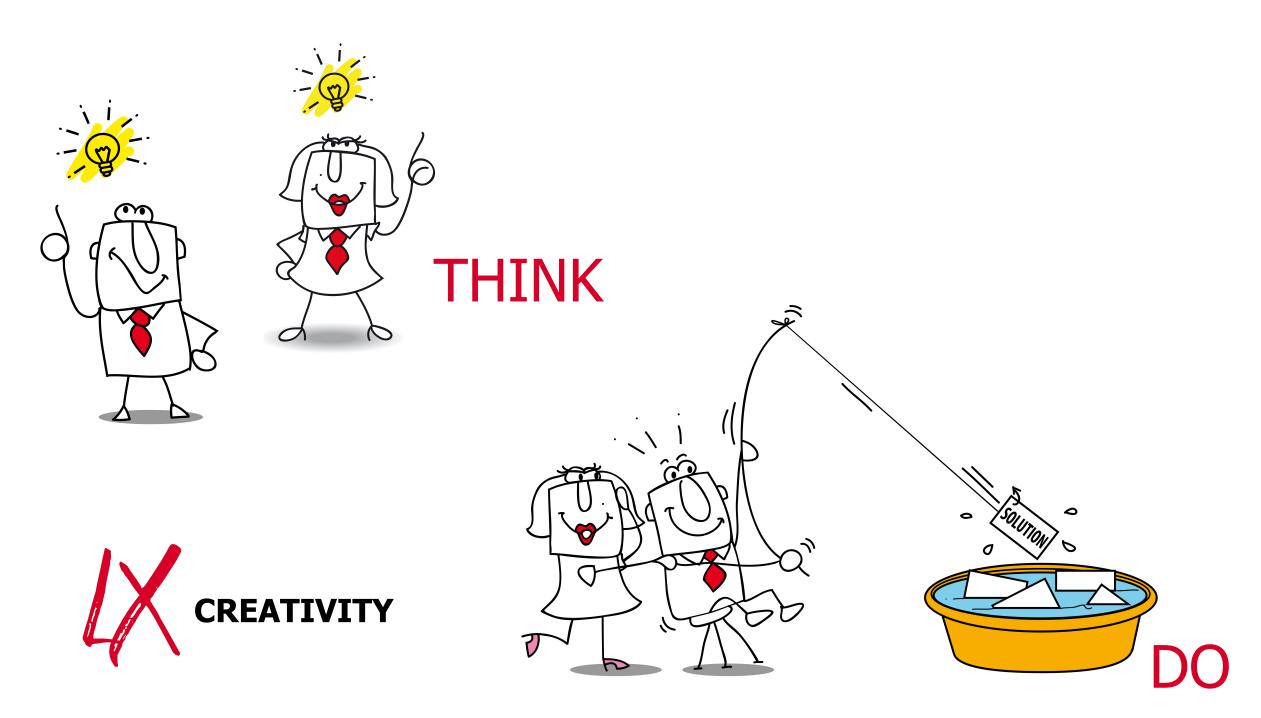
## Whole brain experience.





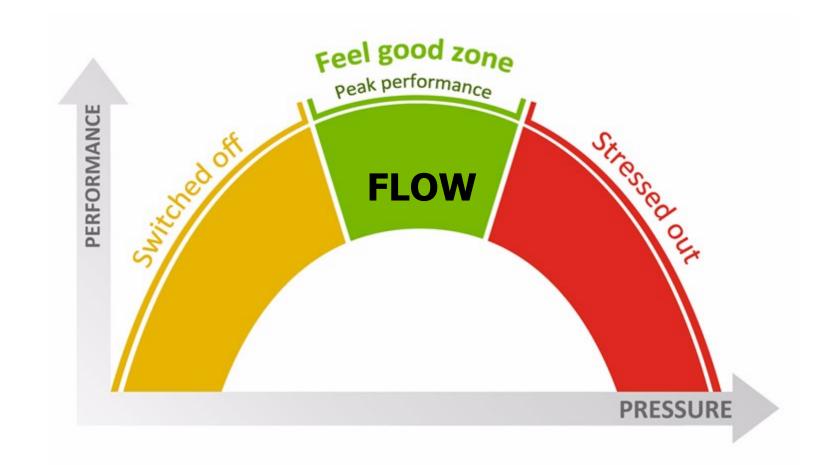


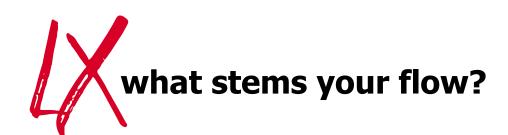


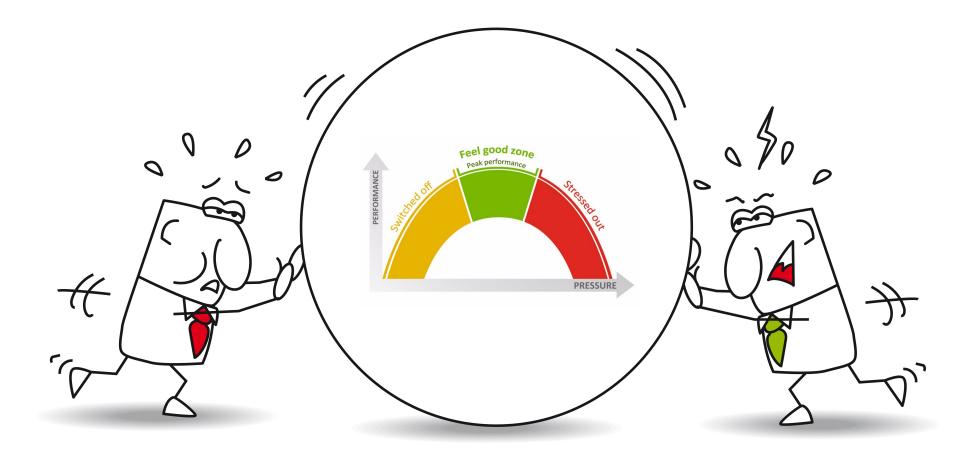


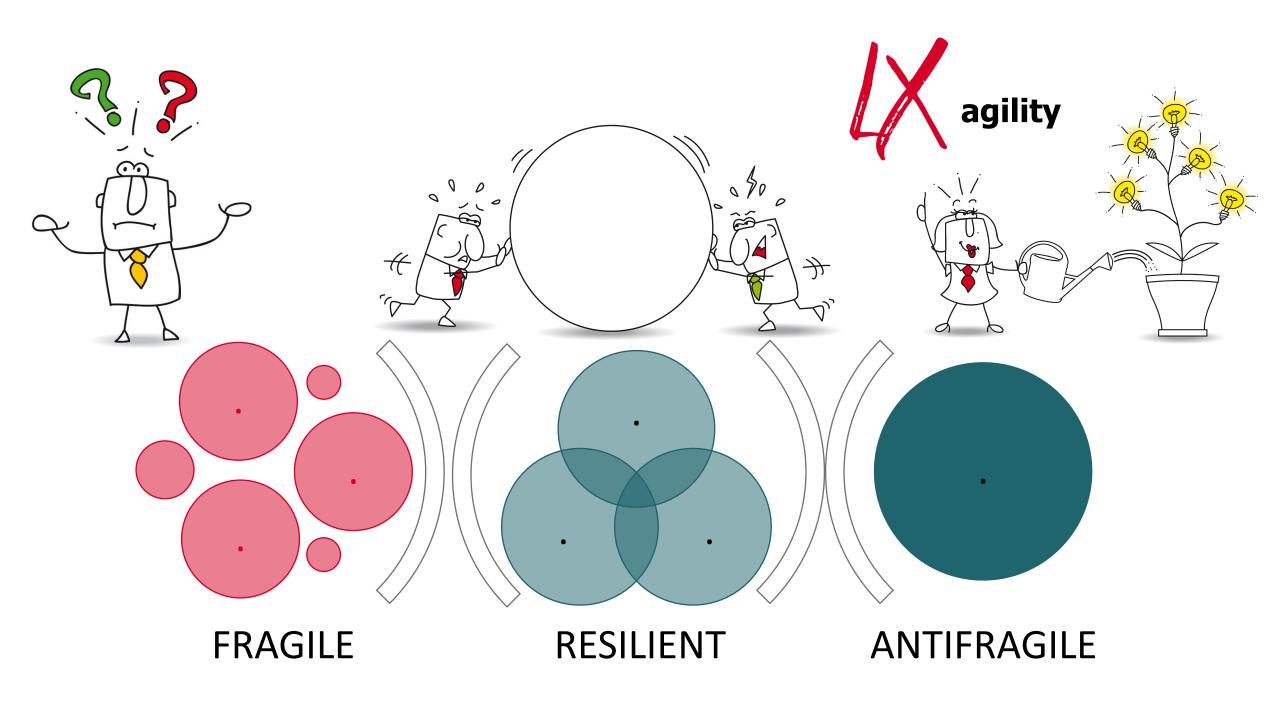








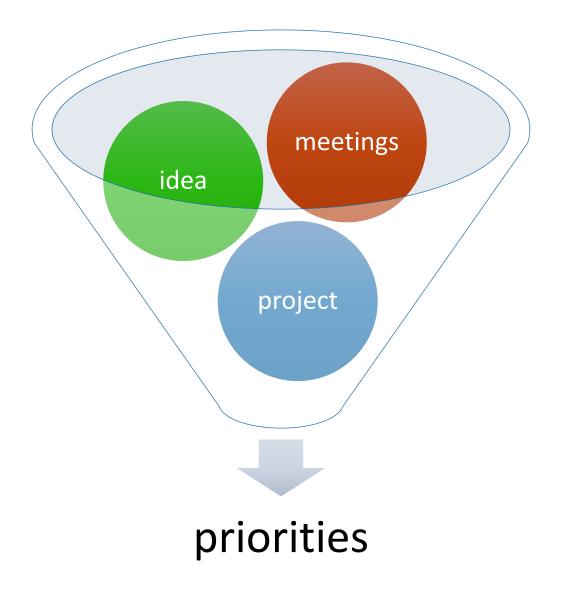












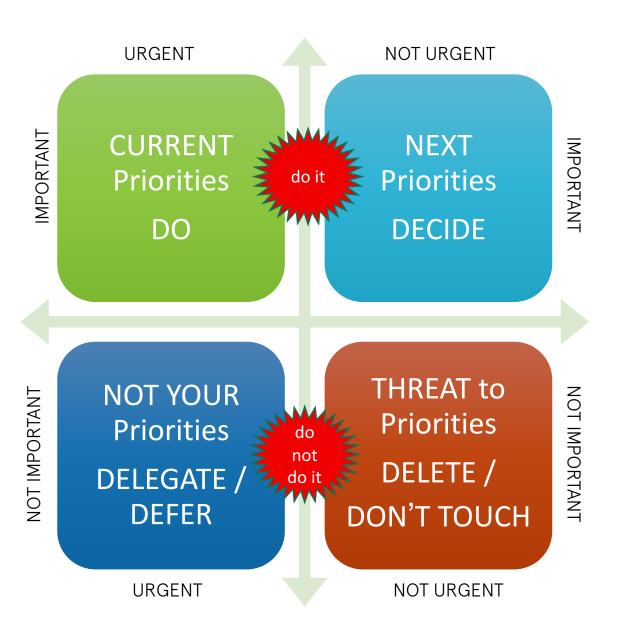
#### **BRAIN DUMP AREAS OF ACTIVITIES**



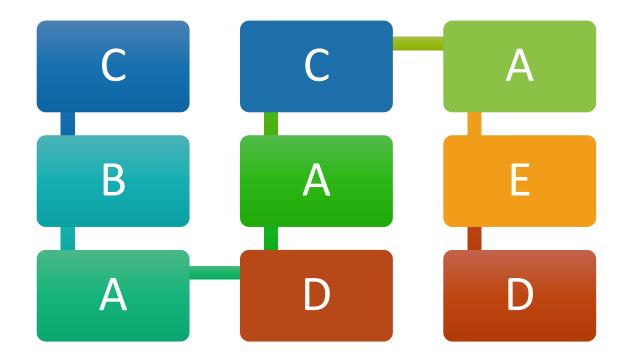
Work	Work
Block	Block
Work	Work
Block	Block
Work	Work
Block	Block



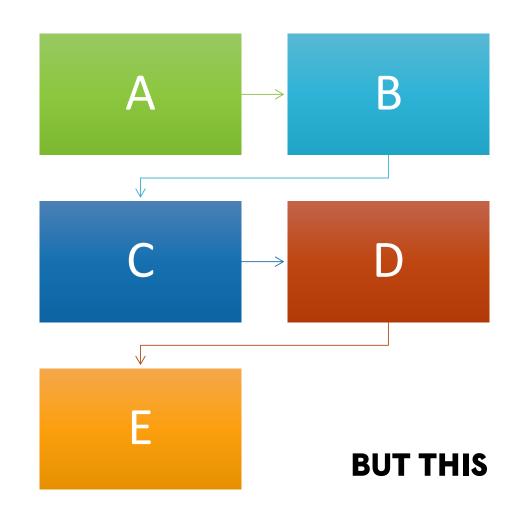
#### **BE SELECTIVE**



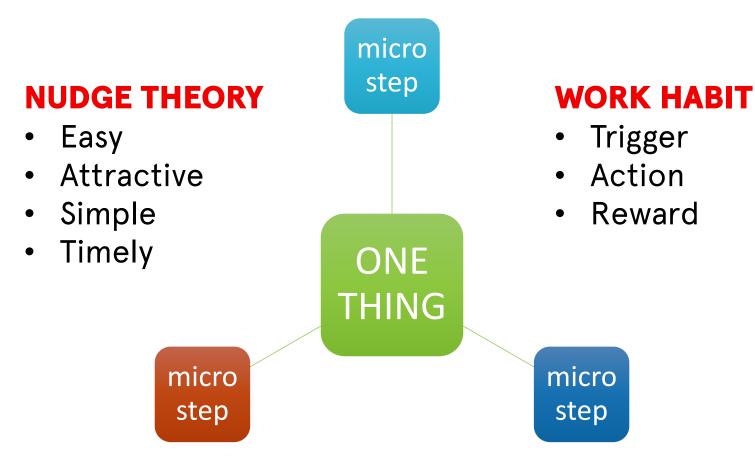




**NOT THIS** 







		mon	tues	weds	thurs	fri	sat	sun
schedule	0700							
	0800							
WORK BLOCK	0900							
Team Time	1000							
Start-up	1100							
Create	1200							
Consume	1300							
Connect	1400							
Rest	1500							
Refresh	1600							
Close-Down	1700							
Cohort Time	1800							
	1900							
PLAN	2000							

2 weeks ahead

## workflow

WORK BLOCKS
Team Time
Warm-up
Create
Consume
Connect
Rest
Refresh
Cool-Down
Cohort Time

PLAN 2 weeks ahead

	mon	tues	weds	thurs	fri	sat	sun
0700	Power Walk	Power Walk	Commute	Commute	Commute	Rest	Rest
0800	B/fast	B/fast	B/fast	B/fast	B/fast	Rest	Rest
0900	Startup	Create	Client	Client	Client	Power Walk	Power Walk
1000	Create	Create	Client	Client	Client	Rest	Free
1100	Create	Connect	Client	Client	Client	Rest	Free
1200	Create	Connect	Client	Client	Client	Rest	Free
1300	Refresh	Connect	Client	Client	Client	Rest	Free
1400	Consume	Refresh	Client	Client	Client	Rest	Free
1500	Consume	Create	Client	Client	Client	Rest	Free
1600	Connect	Create	Commute	Commute	Commute	Rest	Free
1700	Cool Down	Cool down	Consume	Consume	Refresh	Rest	Free
1800	Refresh	Refresh	Cool down	Cool down	Rest	Rest	Free
1900	Rest	Rest	Rest	Rest	Rest	Rest	Free
2000	Rest	Rest	Rest	Rest	Rest	Rest	Free

## workflow

WORK BLOCKS
Team Time
Warm-up
Create
Consume
Connect
Rest
Refresh
Cool-Down
Cohort Time

PLAN 2 weeks ahead

	mon	tues	weds	thurs	fri	sat	sun
0700	Create	Create	Create	Create	Create	Create	Rest
0800	Create	Create	Create	Create	Create	Create	Rest
0900	Warm-up	Create	Cohort Time	Create	Create	Create	Rest
1000	Team Time	Team Time	Team Time	Team Time	Team Time	Rest	Rest
1100	Consume	Consume	Consume	Consume	Consume	Rest	Rest
1200	Connect	Connect	Connect	Connect	Connect	Rest	Rest
1300	Refresh	Refresh	Refresh	Refresh	Refresh	Rest	Rest
1400	Create	Connect	Connect	Create	Consume	Rest	Create
1500	Create	Connect	Connect	Create	Cohort Time	Rest	Create
1600	Create	Create	Create	Create	Cool Down	Rest	Create
1700	Cool Down	Create	Create	Cool Down	Rest	Rest	Create
1800	Rest	Cool Down	Cool Down	Rest	Rest	Rest	Rest
1900	Rest	Rest	Rest	Rest	Rest	Rest	Rest
2000	Rest	Rest	Rest	Rest	Rest	Rest	Rest

		mon	tues	weds	thurs	fri	sat	sun
<b>Schedule</b>	0700							
	0800			<b>T T</b>				
WORK BLOCKS	0900			Vn	ur			
Team Time	1000			IU	<b>UI</b>			
Start-up	1100			• 1	1			
Create	1200			ide	22			
Consume	1300							
Connect	1400				1 •			
Rest	1500		X	/or	<b>K11</b>	σ		
Refresh	1600		V V			5		
Close-Down	1700				1			
Cohort Time	1800			WF	eek			
	1900							
PLAN	2000							
2 weeks ahead								

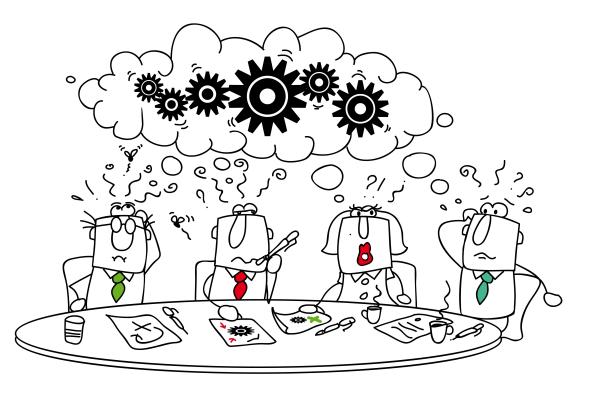


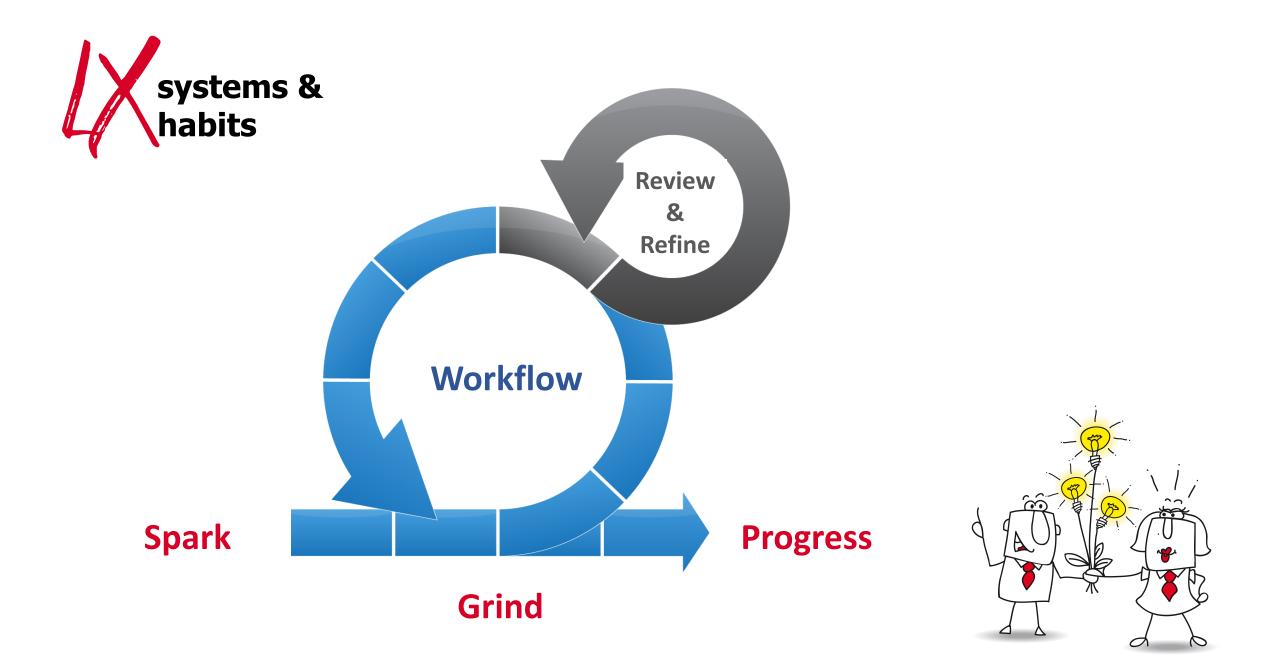




## Where are you at?

- 1. Progress on or off track?
- 2. Sticking points you or others?
- 3. Mind the gap catch-up or leap?







LX CAFÉ: 11am-12noon,

Wednesday 28 June, Biz Dojo, Graffiti Bar

To percolate on LX flow, to share progress, to ask questions to connect, collaborate and converge.

#### **Future sessions:**

12 July: ingenuity9 August: progress

www.julietreanor.com/flow



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