

What is Flow?

What is Flow? Have you ever witnessed or been involved in an activity where the activity is enjoyed for its own sake, and the challenge of the task and the skills of the person seem to expand to reveal extraordinary abilities? This is “flow.”

We have all seen “flow” on the sports field. The moment when the ball is swept up by the player and they wind in and out of the competition: dodging, weaving, passing, in rhythm and harmony with their team mates, steadily absorbed in the moment, paying undivided attention to their goal: their awareness merging with their actions, and time and space becomes irrelevant. Passion, emotion, energy, focus, and talent infused.

Athletes call this state of grace as being in the “zone”. This experience is described by all kinds of people: mountaineers, musicians, surgeons, football players, managers, skiers, engineers, runners and children. When they describe their experience, it is as if they were lifted up and propelled forward, and as excellence becomes effortless, the crowd of spectators disappears into the ether. To create this state of consciousness, focus on a clearly defined goal, talent, a challenge and immediate feedback are critical ingredients. Any activity can create flow.

Mihaly Csikszentmihalyi was the first psychologist to describe “flow” in western psychology. Csikszentmihalyi has been studying how people achieve peak performance for the last two decades. Eastern philosophers have been aware of the concept for thousands of years and embrace the notion that the collective consciousness is all about “flow”, that life is about “flow” and it beckons us to participate and experience the magic.

What has this to do with our career and us? Simply, if we seem to be paddling up stream, battling the current and that it is all too hard, we are definitely out of *our* “flow”. Success, what ever that means to each one of us, comes from knowing our path of least resistance.

When we take this path we create our greatest joy. When we focus on our strengths, passions, talents and purpose we are more likely to be in the right place at the right time and attracting the “right” things. We know what to say “yes” to, and what to say “no” to. We are driven by boundless energy. When we find our “flow” we begin to experience harmony and rhythm, to love life and live it passionately.

PeopleRich Career Coaching can provide you with the opportunity to discover your “flow” state. Our coaching program will reveal the person you were intended to be, your innate entrepreneurial talents and skills, and guide you towards a life of passion and purpose

Please send us an email at gill@peoplerich.com if you would like more information.

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