



2 day open program
Pathway to Excellent Performance
through „Flow“
OR Motivated without Motivation

Lead Yourself

**Shine
Leadership**

Is there a recipe for how to enter a state of excellence and creativity? How to be a champion?

For dates, prices, registration, organizational information and terms and condition go to:
ShineLeadership.cz

Location

Shine Group Training Centre Prague,
Vítězné nám. 2, Praha – Dejvice

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Why choose this program?

- You will get familiar with the FLOW – a state in which one is immersed in utter concentration, enthusiasm and success.
- You will learn how to maximize not only your own potential, but also the potential of people in your teams.
- You will discover if there is a secret to success and how do successful people differ from the less successful ones.
- You will learn the similarities between top-level sport and top management.
- You will be introduced to a unique and unpublished “tool” (a motivational equalizer) to identify the motivational core of a person. We haven't found any similar tool in the world.
- You will be able to bring a R-evolution in the approach to work, sports, creativity, or other activities you do.

Motivation versus flow

Motivation is a word that has become a mantra in our today's society. It's associated with the pressure for performance, especially in the form of numbers and earned money. In order for a person to succeed in this run, he or she needs energy which people mostly seek in motivation.

Why do we believe that pressure encourages our performance? How come that sometimes we reach our goals with ease and other times it is a tremendous toil and we still don't succeed?

If you have had enough of pursuing motivation and you feel that it is possible to relax and perform with ease, then this training is for you.

Flow is a total focus on the present activity. The awareness of the here and now is the key to motivation without motivation. The real art of life is to experience flow in everyday life.

This is the secret of all top human performances.

And you are now given the opportunity to get to know and practice flow.

Who is it for?

This is an intensive program with a real impact.

It combines proven scientific principles and real-life experience with their application in the tough world of top sport and management. It is intended for managers and professionals and especially for those who want to become real leaders of their lives and also others.



Program Topics

Day 1

Introduction – the state of FLOW, the ZONE

- How do we view this state of being?
- How did we reach this state? Why is it so interesting?
- Connecting the best of best professionals from across all fields and ages
- Historical context.

Excursion into distant history

- 20th century as renaissance of the state of zone

What are the similarities and differences between the two states?

- Final theoretical analysis
- Scientific evidence of the zone
- Neurophysiological – EEG Biochemical – DMT

HOW TO BE IN THE ZONE?

Emotional bond as a condition for reaching the state of zone

The connection between the zone and motivational equalizer

- How does a coaching aimed at achieving the state of zone look like – 30 minutes
- Practical work with motivational equalizer

The Gun theory as the basis for self-awareness

- A self-awareness chart

Day 2

INTRODUCTORY WORKSHOP

- Key points of the first day
- Do I want to reach the state of flow and why?
- How will it affect my everyday life?

Brain in FLOW

- Demonstration, training, experience
- How to “do it” in everyday work and personal life?

Heart in FLOW – the territory of the heart – opening up to the experiences of the heart

- Demonstration, training, experience
- How to “do it” in everyday work and personal life?

Body in flow

- Demonstration, training, experience?
- How to “do it” in everyday work and personal life?

My day in flow

- A new approach to work and ways to reach a goal
- When and how can we practice flow and its benefits
- “Set the rhythm of your day in flow” - a different approach to work and life for better performance and state of happiness
- Final sharing of personal decisions and tips



Marian Jelínek
lecturer



Emanuel Byrtus
lecturer