

## **ACHIEVING FLOW**

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### **OVERVIEW**

Flow is an optimum state in which we lose ourselves in a task. Time seems to stand still, and we are working at the peak of our abilities. Whether you are a coach or an athlete, it is possible to create the environment to attain the flow state. This lecture will enable you to learn the elements that create the flow experience.

### **OBJECTIVES**

- Understanding Flow
- How to Experience Flow

### **SUMMARY**

- Understanding Flow
  - Defining Flow
  - Components of Flow
- Experiencing Flow
  - Challenge-Skills Balance
  - Transcendence of Normal Awareness
  - Knowing Where You're Going
  - Feedback
  - Being Present
  - Controlling the Controllables
  - Have Fun!!