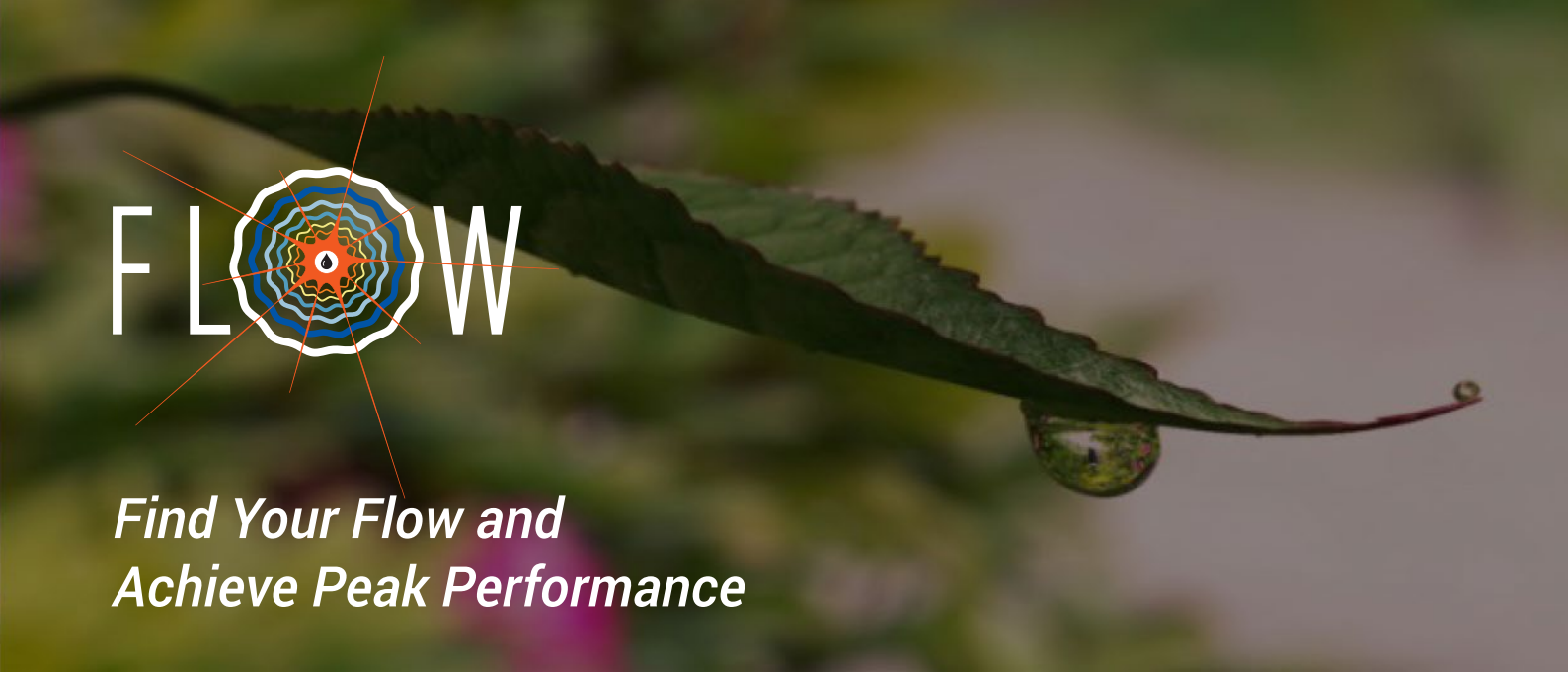


Find Your Flow and Achieve Peak Performance

PERSONAL PEAK PERFORMANCE PILLARS FOR INDIVIDUALS AND LEADERS

Want to know the secret to happiness in life and in work? Mihaly Csikszentmihalyi's life work—studying happiness, learning, and creativity—led him to architect a now world-famous theory known as 'flow'.

Being in 'flow', or 'the zone', means a person is so engaged in a task that they experience full immersion, focus, deep learning,and high satisfaction. It's the perfect state to be in when learning and for increasing productivity, which is why it's a key part of MC's 5C Model.

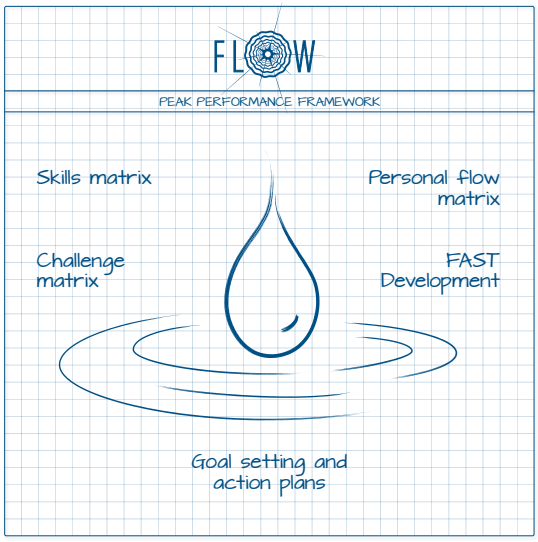
Our Flow program allows you to identify and maximise your natural strengths, and will give you the confidence to take hold of opportunities and challenges with gusto.

The training works with the science of motivation, focusing primarily on identifying and working with intrinsic motivation (internal motivators) and extrinsic motivation (external motivators) while understanding biological motivators such as the chemicals associated with emotions and response. Our bank of tools help you untangle the hereditary chemistry and show you what you can achieve through internal awareness and grit.

By the end of the training, you'll leave with a map to achieve personal fulfillment in your work and personal life.

Some tools include:

- Clarity of challenge / skills flow theory
- Matrix of natural strengths and opportunities
- Breaking cycles of limiting beliefs and schemas
- Social style tendencies tips



> *If you require sales training, leadership development, or process improvement, I would highly recommend Mark.*
> Michael Coulton, Keith Prowse
> Sport & Entertainment Travel

> *Mark's ability to engage an audience is intriguing and effortless. His holistic approach feels personal on all the right levels. Mark will challenge your mindset – like walking through a steel tipped arrow placed on your throat! Whether it be team or individual development, Mark earns my highest recommendation.*
> Nathan Bouquet, Eventpod