

**Create More Flow:
Redesign you work, to reclaim how you live!**

**Leaders who spend 15 to 20% more time in flow
*double their productivity.***

Please join us for an interactive session to learn

- The profound benefits of flow.
- Tactical strategies for increasing focus and engagement amid our overwired world
- The 5 Phases of flow: Prepare, Struggle, Release, Flow, Recover
- Neuroscience behind the 5 phases (and what is experienced in each stage, and how to move between them)

Please join the Harvard Medical School and Joint Committee on the Status of Women
for lunch

Thursday, January 5, 2017 @ 12:00 pm

Gordon Hall Waterhouse Room

RSVP: https://hms.az1.qualtrics.com/SE/?SID=SV_eDRK0dhggPBpmct



About Camille Preston, PhD, PCC

Camille Preston, PhD, PCC is an expert in leadership, management and productivity. She has more than twenty years of experience guiding business executives, policy makers and individuals to new heights of leadership and performance.

www.CreateMoreFlow.com

We live in an always on, always connected, overwired world.

It leaves us overwhelmed, distracted and drained.

70% of U.S. workers are not actually engaged at work.

Most professionals crave the ability to focus deeply and to execute effectively on the things that truly matter. People want to be purposefully engaged in being their best - at work, at home and in life. 90% of leaders think an engagement strategy will have an impact on their personal and business success, but barely 25% of them have a strategy. These **leaders want more flow.**

What is “flow?”

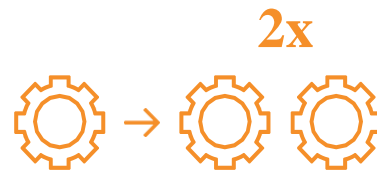
Flow is the state of feeling, living and performing at our best. It's a state of high cognition and high performance where we are present, intentionally focused, and highly productive. **Flow is working smarter, not harder.**

Why Create More Flow?

Individuals who report the most flow also report the greatest levels of happiness and well-being. Through Create More Flow, individuals reclaim control of their energy and focus and as a result experience increased motivation, reduced stress and strengthened self-efficacy. **Flow begets flow.**



When in flow, we are **5x more productive** and up to **7x more creative.**



Executives who spend 15 to 20% more time in flow **double their productivity.**

Join the JCSW on January 5, 2017 at 12
Learn how you can Create More Flow!

To maximize the time you are investing, in advance please

- 1 - reflect on a time when you felt and performed at your very best.
 - 2 - identify what are the two most important projects for you to deliver upon in 2017
- personally and professionally

