Leadership in flow
a flowprofiler® series

Session 2 Worksheet

	Awareness	Regulation
Intra-Personal (Self)	Self-Awareness	Self-Regulation
Inter-Personal (Others)	Observation	Management

Observations from my report

What jumps out you when considering your results?

Which dimensions appear in the **under** or **over**using zones day-to-day?

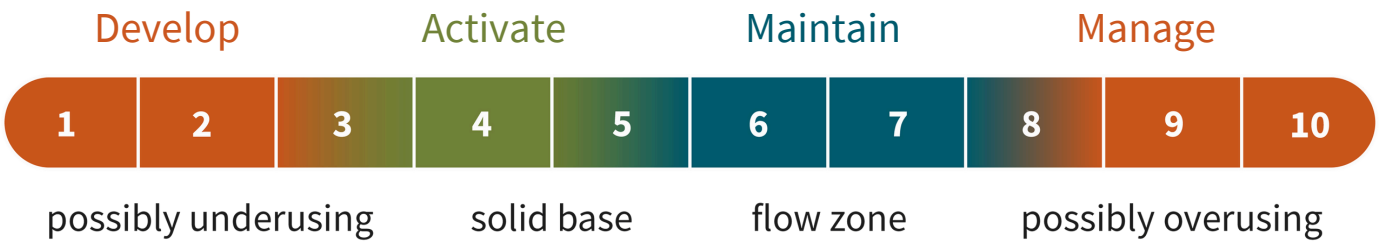
Which dimensions appear in the **solid base** or **flow** zones day-to-day?

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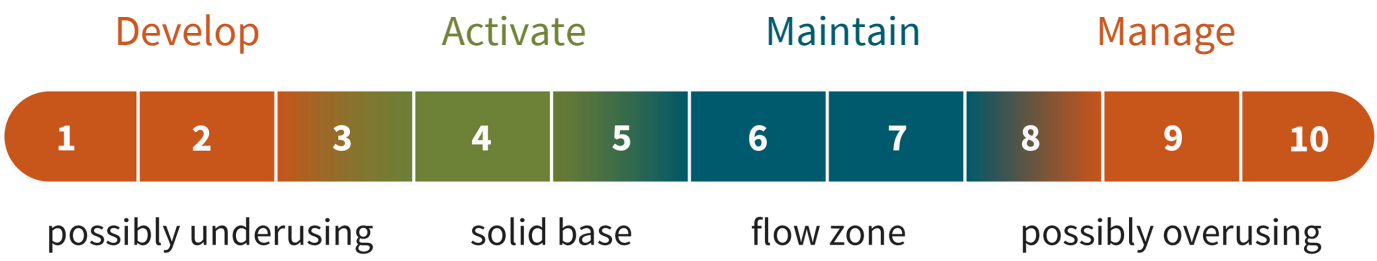
1. Choose 2 behaviours that appear in the underusing or solid base zones day-to-day *(revert to overusing if there are not 2 results)*
2. Record your results *(both states)* and whether the results are stretching, static, scrunching or modifying based on zones
3. Circle, based on this information, if you should develop, activate, maintain or manage the behaviour in order to use it in an active, proportionate and healthy way
4. How could you adapt the behaviour to achieve this outcome? *(see you report for hints)*
5. Remember the flow zone represents optimal, active, proportional and healthy performance



Dimension	Day-to Day Score	Under Pressure Score	Stretch Static Scrunch Modify	Develop | Activate | Maintain | Manage
Adaptation?				
Dimension	**Day-to Day Score**	**Under Pressure Score**	**Stretch Static Scrunch Modify**	**Develop | Activate | Maintain | Manage**
Adaptation?				

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Session 2 SkillSprint



For each motivation driver note:
1) How is the driver satisfied in your role (even if you don't find it particularly motivating)?
2) How as a leader, could you satisfy each motivation driver in others?

Dimension	How is it satisfied in my role?	How could I satisfy this driver for others in order to increase their motivation and engagement?
Growth		
Recognition		
Collaboration		
Well-Being		
Reward		
Purpose		
Autonomy		

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