

FLOW

create a
sustainable
high performance
workplace
with **GLENN
CAPELLI**

quality and esteem based education and training



A healthier workforce through leadership mentoring and teamwork

What makes an experience genuinely satisfying is a state of consciousness called FLOW. Journey with professional speaker and educator Glenn Capelli into the eight factors of Flow to learn how to create and sustain a high performance workplace. Discover how to build environments that encourage prosperity and improve productivity, growth and morale. Based on the research summary from the University of Chicago's forty-year trial project examining individual, team and organisational performance.

A high performance workplace . . .

- Empowers people to live happy, healthy, meaningful lives
- Is successful in transforming ideas into actions and products
- Has high levels of job satisfaction and personal wellbeing
- Is better at understanding, meeting and surpassing customer needs
- Has low levels of absenteeism and anxiety
- Has faster response times and activity
- Fosters a culture of Trust and Respect
- Generates more new ideas
- Is a place of Group Genius
- Is Innovative
- Is a place of FLOW

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