**FINDING A FLOW STATE FOR YOUR WORK**

**18 October to 7 December 2021 (online training)**

Have you ever worked in a flow state, when you have been fully immersed in a feeling of energised focus? Finding the advantages of a state of flow is one of the many reasons why top universities are shaping new leaders with mindfulness programmes, positive psychology and a growth mindset.

The EIB Institute is organising an exclusive online training programme for the SIT Alumni Network on “**Finding a flow state for your work**”delivered by Kim van Niekerk, a top communication coach.

Kim van Niekerk has designed an online learning programme that will curate thinking from psychologists, coaches and neuroscientists.

You will join a group of ten participants on a journey of deep reflection and personal growth over eight weeks. Short daily exercises shared with a partner and ongoing coaching via a WhatsApp group will get you into and keep you in the “flow.”

This online training will be delivered from 18 October to 7 December in eight video tutorials and six live online sessions. Check the full schedule below:

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|  | **Focus/topic** | **Video tutorial released (CET)** | **Live practice session (CET)** | **WhatsApp group** | **Daily pairs** | **Total time required (in hours)** |
| **WEEK 1** | **Understanding what a flow state is and building our sense of team spirit for this experience** | 18 October 12:00 | 18 October  11:00-12:00  Launch session | 12:00 - Group launched for Q&A and ongoing coaching | Work begins | 3 |
| **WEEK 2** | **The science behind flow state and understanding the importance of momentum as a concept** | 25 October  8:00 | No live session | Group coaching continues | New activity begins | 2 |
| **WEEK 3** | **The science behind our thoughts, understanding and compassion, and reframing thoughts to find flow** | 1 November 8:00 | 3 November  14:00-14:30 | Group coaching continues | New activity begins | 3 |
| **WEEK 4** | **The science behind our emotions and understanding their role in flow, starting to experience flow state rather than just understanding it** | 8 November 8:00 | 10 November  14:00-14:30 | Group coaching continues | New activity begins | 3 |
| **WEEK 5** | **The science behind physiology and flow** | 15 November 8:00 | 17 November  14:00-14:30 | Group coaching continues | New activity begins | 2 |
| **WEEK 6** | **Staying in a flow state when others are not** | 22 November 8:00 | 25 November  14:00-14:30 | Group coaching continues | New activity begins | 3 |
| **WEEK 7** | **Using all the techniques to find and stay in flow** | 29 November 8:00 | No live session | Group coaching continues | New activity begins | 2 |
| **WEEK 8** | **Regrouping, reflecting on progress and experiences, embedding learning further and celebrating the team** | No tutorial video | 9 December  14:00-15:00 Wrap-up session | WhatsApp group closed | Pair work ends | 1 |
|  |  |  |  |  |  | **19** |

Application conditions:

* The deadline to apply is **16 September, 23:59 (CET).**
* Applicants must be SIT Alumni.
* Only applications submitted in English will be accepted.
* Applications will be evaluated based on the application form, which includes the requested essay below (maximum 200 words).
* More than one application from the same venture may be accepted based on availability

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| **Venture** | |
| Name of venture |  |
| Website of venture |  |
| Social media channels |  |
| Brief description of venture | (Max. 200 words) |
| Please tell us why this training is important for your venture | (Max. 200 words) |

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| **INFORMATION** | **PARTICIPANT 1** |
| First and last name |  |
| Email |  |
| Mobile number |  |
| Short bio of participant |  |
| Participant's role in the venture |  |

**CEO’s name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date and place** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_