

THRIVE WITH FLOW STATES DURING CHALLENGES

A VIRTUAL WORKSHOP SERIES

"Flow is what describes a feeling of complete involvement with what you are doing that comes when you're paying attention to a goal and reading the feedback from the goal, concentrating on what's going on in the moment. The metaphor of flow is used by people to describe the sense of effortless action they feel in the moments that stand out as the best in their lives" Mihaly Csikszentmihalyi

WHEN: Tuesday, March 1, 2016, 7-8 pm Eastern Time

LEADER: Joan Carroll-Cronin, L.I.C.S.W.

Ready to experience serenity, enjoyment and purpose?

Ready to connect with your vision?

Ready to redesign your own schedule with renewed vigor?

You'll benefit from learning about the keys to optimal experiences and how Flow can make everyday tasks more enjoyable & fun. In this interactive workshop we'll explore the stepping stones to Flow with exercises & guided visualization. You'll learn how Flow can be applied to specific situations & challenges in the arts, athletics and business.

The March 1st workshop is the first of an 8 week series. You will learn how to apply Flow practice to all elements of life and to live each moment at the peak of your abilities. Future workshops will focus upon the dimensions of Flow experiences. Participants will have opportunities to share their own experience with Flow.

Workshop #2 - 3/8/16

Shortcuts to Flow: Engaging your Character Strengths for a Strong Purpose

Workshop #3 and #4 - 3/15/16 & 3/22/16

Flow into Creativity: Steps to Maximize Imagination and Innovation into your Life

Workshop #5 - 4/5/16

Bringing Flow to the journey of Self Care: Applying Mindfulness & Exercise Psychology to strengthen Mind-Body Integration & Wellbeing

Workshop #6 and #7 - 4/12/16 & 4/19/16

Flow and Peak Performance in Sports, Visual and Performing Arts, and Higher Risk Professions

Workshop #8 - 4/26/16

Raising the Stakes with Flow: Building Resilience During Special Challenges and Difficulties of Life



I've been absolutely terrified every moment of my life - and I've never let it keep me from doing a single thing I wanted to do. - Georgia O'Keefe

TUITION & REGISTRATION

Email jarroll-cronin@comcast.net

The first workshop on March 1st is free. Tuition for the whole series is \$175.00.

Register for either the free workshop or the whole series. All sessions are over the phone. We'll meet Tuesdays, 7- 8 PM on a weekly basis. Need to miss a class? Recordings of each session will be available to participants. Upon receipt of your email, you'll be provided with a call-in PIN number to join the workshop. Registration for a single workshop may be arranged by contacting me directly.

WORKSHOP LEADER:



Joan Carroll-Cronin of [Optimal Performance Coaching](http://www.optimalperformancecoaching.com) is a sport and performance psychology coach and consultant who assists athletes, artists and business professionals with implementing skills and strategies for consistent success. She is also a Psychotherapist committed to applying positive psychology and mindfulness based approaches to her practice. Joan is an avid equestrian and a former marathoner and theater professional. www.joancarrollcronin.com