

PLAYBOOK

This belongs to _____



flow

noun: steady, continuous stream or supply of something.

Activity sheets that help you design ways to lead for creative flow.

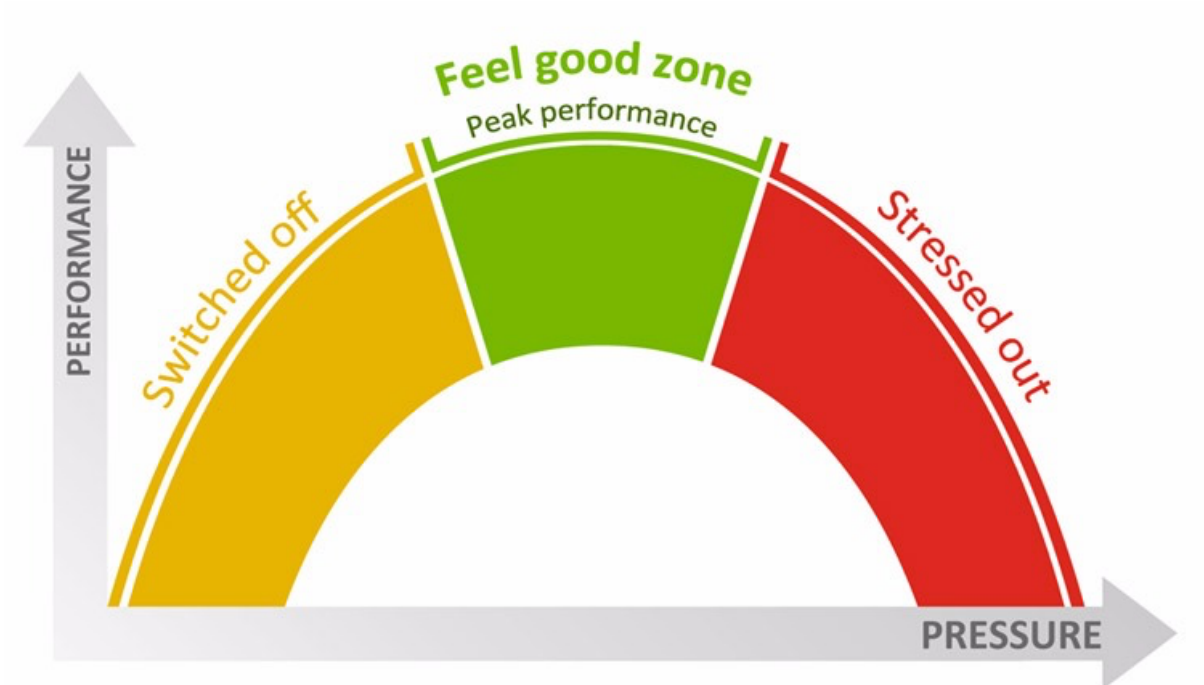
CREATIVE FLOW

“....being completely involved in an activity for its own sake.”

Csikszentmihalyi

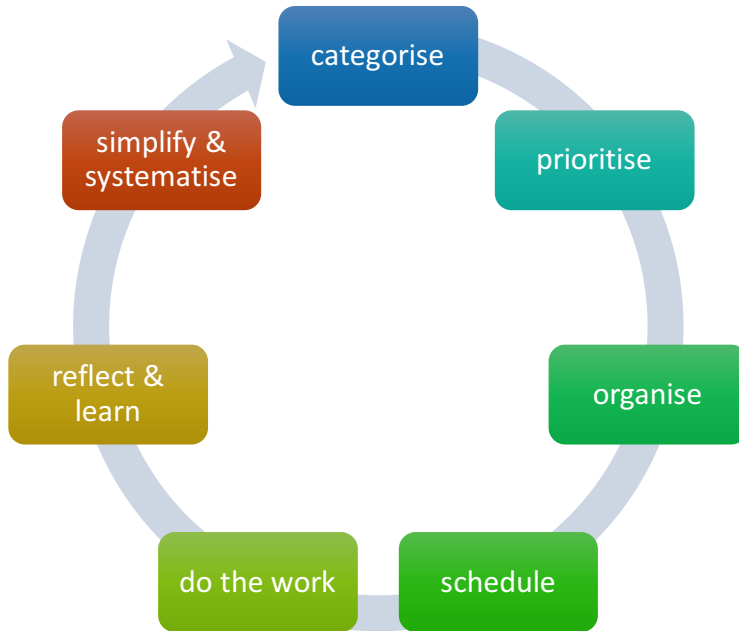


PEAK PERFORMANCE



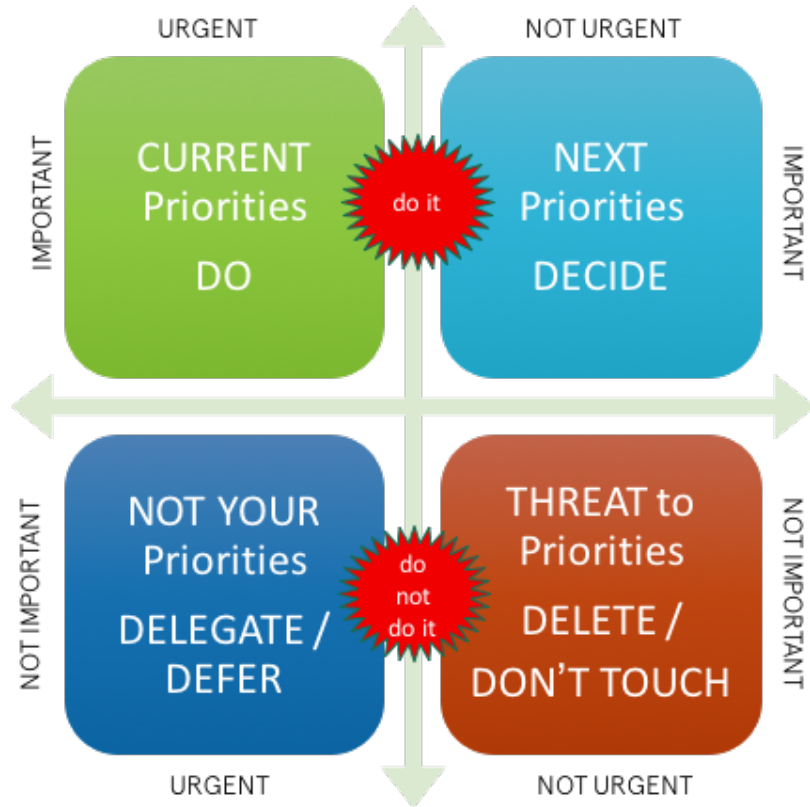
SWITCHED OFF	IN THE FLOW	STRESSED OUT

WORKFLOW

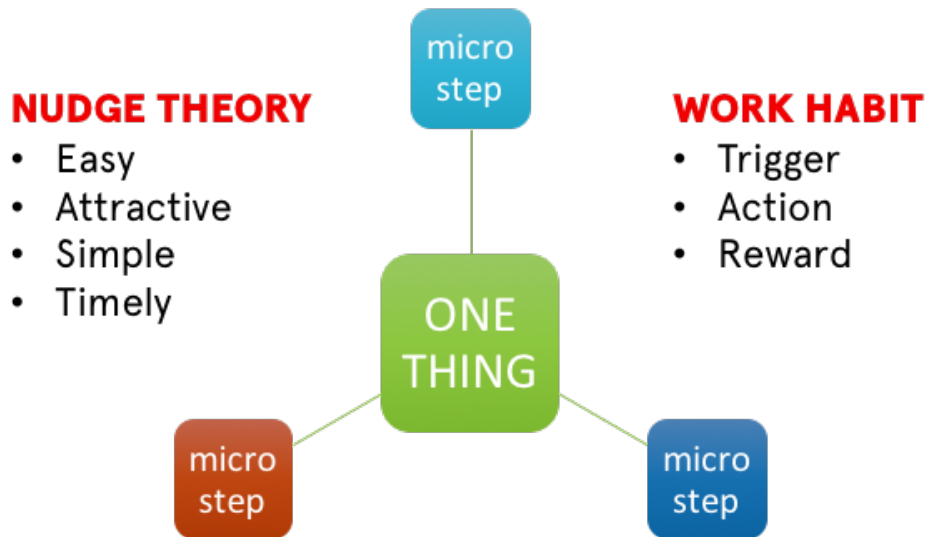


WORK BLOCKS

ITS ALL ABOUT PRIORITIES



MAKE WORK EASIER





PLAN FOR YOUR BEST WORK



- WORK BLOCKS**
- Team Time
- Start-up
- Create
- Consume
- Connect
- Rest
- Refresh
- Close-Down
- Cohort Time

PLAN
2 weeks ahead

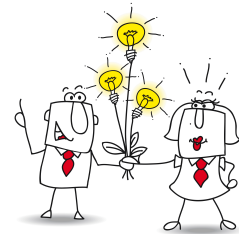
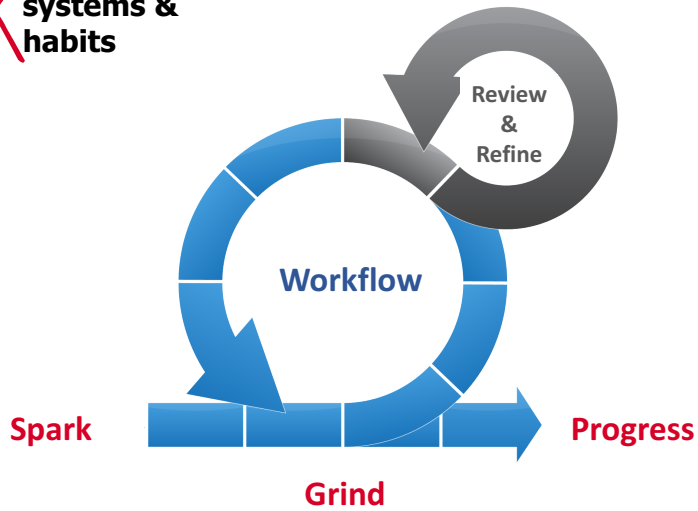
	mon	tues	weds	thurs	fri	sat	sun
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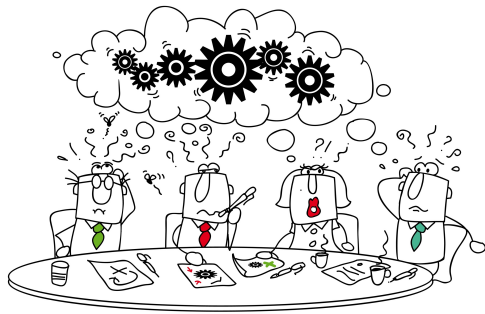
Your
ideal
working
week



WHAT WORKS BEST FOR YOU?

LX systems & habits





- 1. Know your work**
- 2. Know your priorities**
- 3. Create conditions for creativity and flow.**

START THINKING	STOP THINKING	CHANGE THINKING
START DOING	STOP DOING	CHANGE DOING
START REACTING	STOP REACTING	CHANGE REACTION



The 'LX' part of the logo is a stylized red hand-drawn font. To its right, the word 'PROGRAMME' is written in a bold, dark teal, sans-serif font.

percolate noun: to brew, to filter gradually

LX CAFÉ: 11am-12noon,
Wednesday 28 June, Biz Dojo, Graffiti Bar

To percolate on LX flow, to share progress, to
ask questions to connect, collaborate and
converge.

Future sessions:
12 July: ingenuity
9 August: progress

www.julietreanor.com/flow



STAY IN TOUCH
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NEXT STEPS

LX is Collider’s Leadership Programme for 2017. It’s a creative and experiential way to think about leadership and design a leadership experience for you and those your lead.

Our ambition is to make LX more than just a series of inspiring workshops, but the foundation of a network of ambitious leaders who will learn together, support each other and share their learning with the wider Collider community.

We’re building the programme as we go. So, we’d love your opinion to shape future LX sessions and follow-up activities. Our aim is to help you accelerate and expand your leadership impact. Please tell us what you think by answering the following questions so we can make LX the best it can be.

How has attending the LX session today helped you in your leadership ambitions?

Please write any other comments, ideas or feedback over page.

Please tick as many of the follow-up LX activities are you interested in.

- LX Percolate Café on 28 June, 11am-12noon. There are only 12 places available. You’ll be emailed a calendar invite if you tick this box.
- Contributing to an article about LX on LinkedIn, Medium & Collider blog so we can share the LX experience with the wider Collider community.
- Monthly LX newsletter with links, resources and other information about being a leader.
- LX Ingenuity – 12 July 2017
- LX Progress – 9 August 2017
- LX Leadership Retreat – 15 November 2017

ABOUT YOU

Your Name:

Your Role:

Your Company/Organisation:

Your Email Address:



Please note that blank paper on the other side will be used as scrap paper in the private office of Julie Treanor for sketching out the next LX session.

