

UX flow



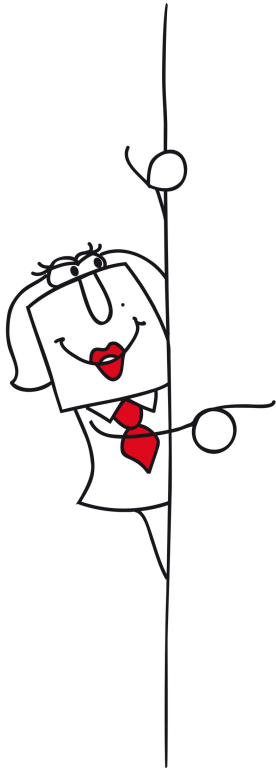
ABOUT Julie

Leadership developer & business activation coach.

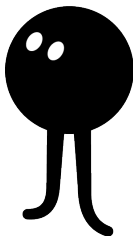
*Make work satisfyingly personal
AND professionally business like*

On a mission to help people lead with ease.

*Design ways of working that are personal, creative
AND sociable.*



justlead
Leadership for humans



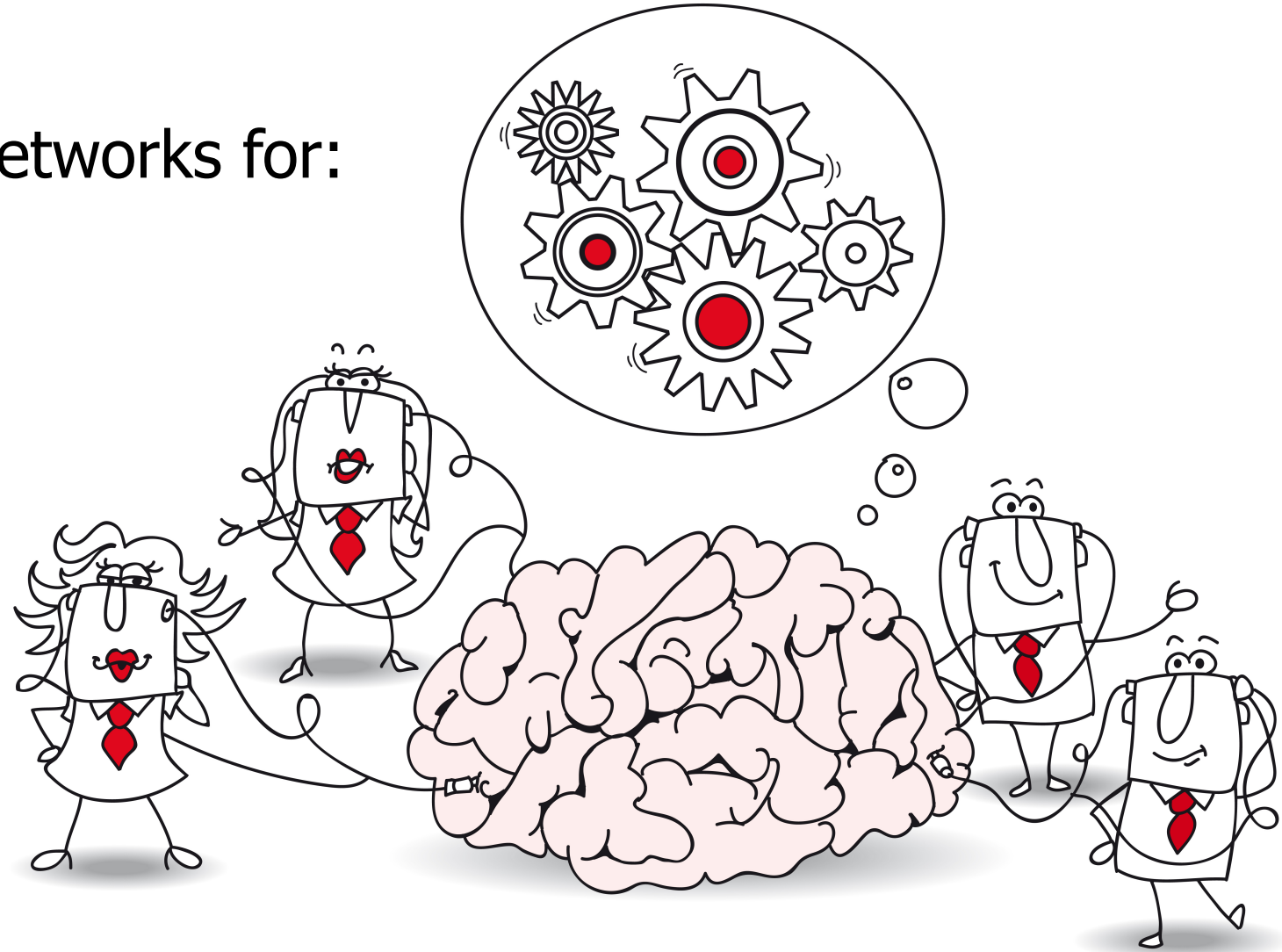
There is *leadership*
There are *leaders*
And, there are people
who ***JUST LEAD.***

FLOW

... a steady, continuous stream
or supply of something.

Creative brain combines networks for:

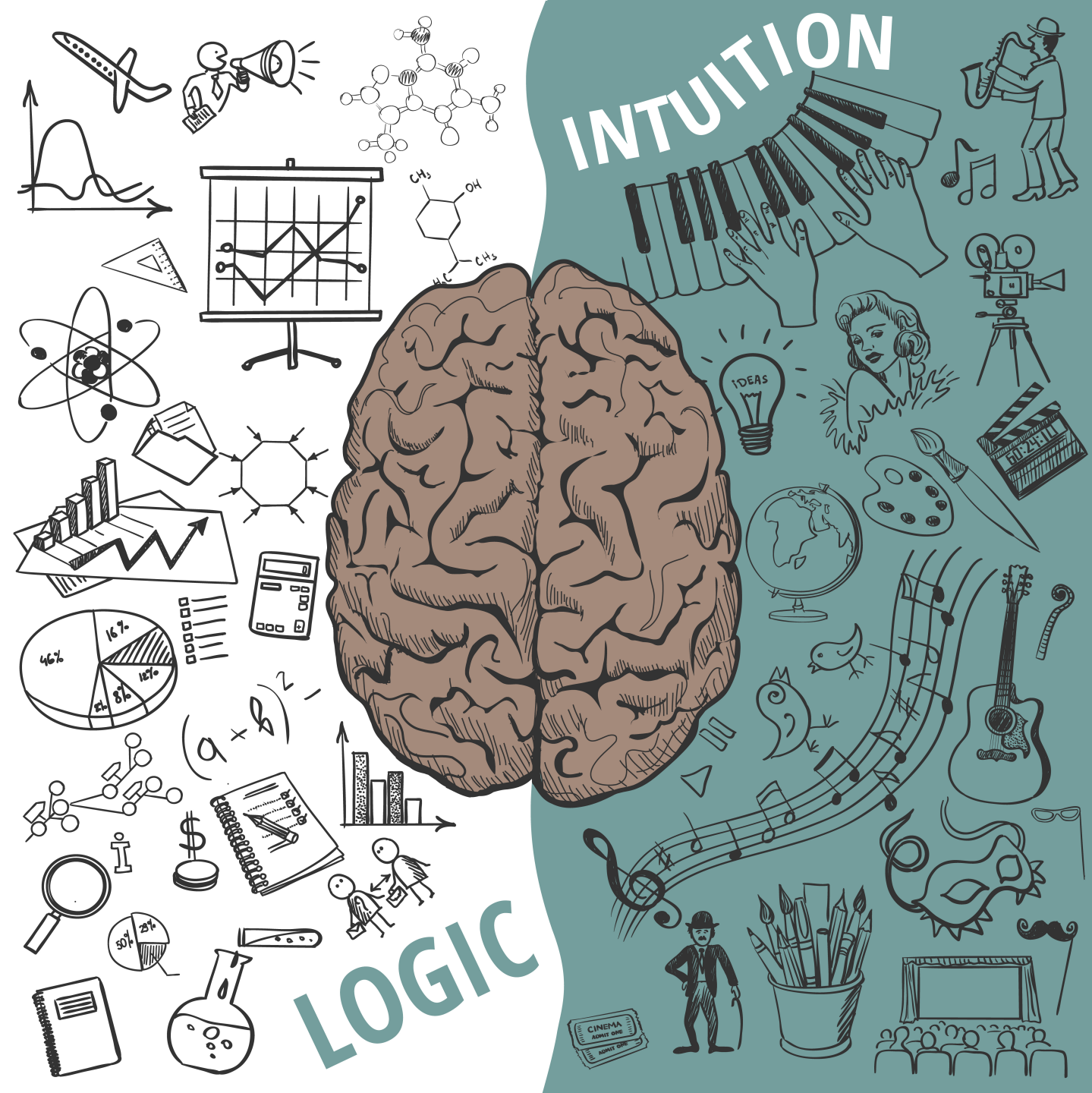
- Executive Attention
- Imagination
- Salience (noticing)





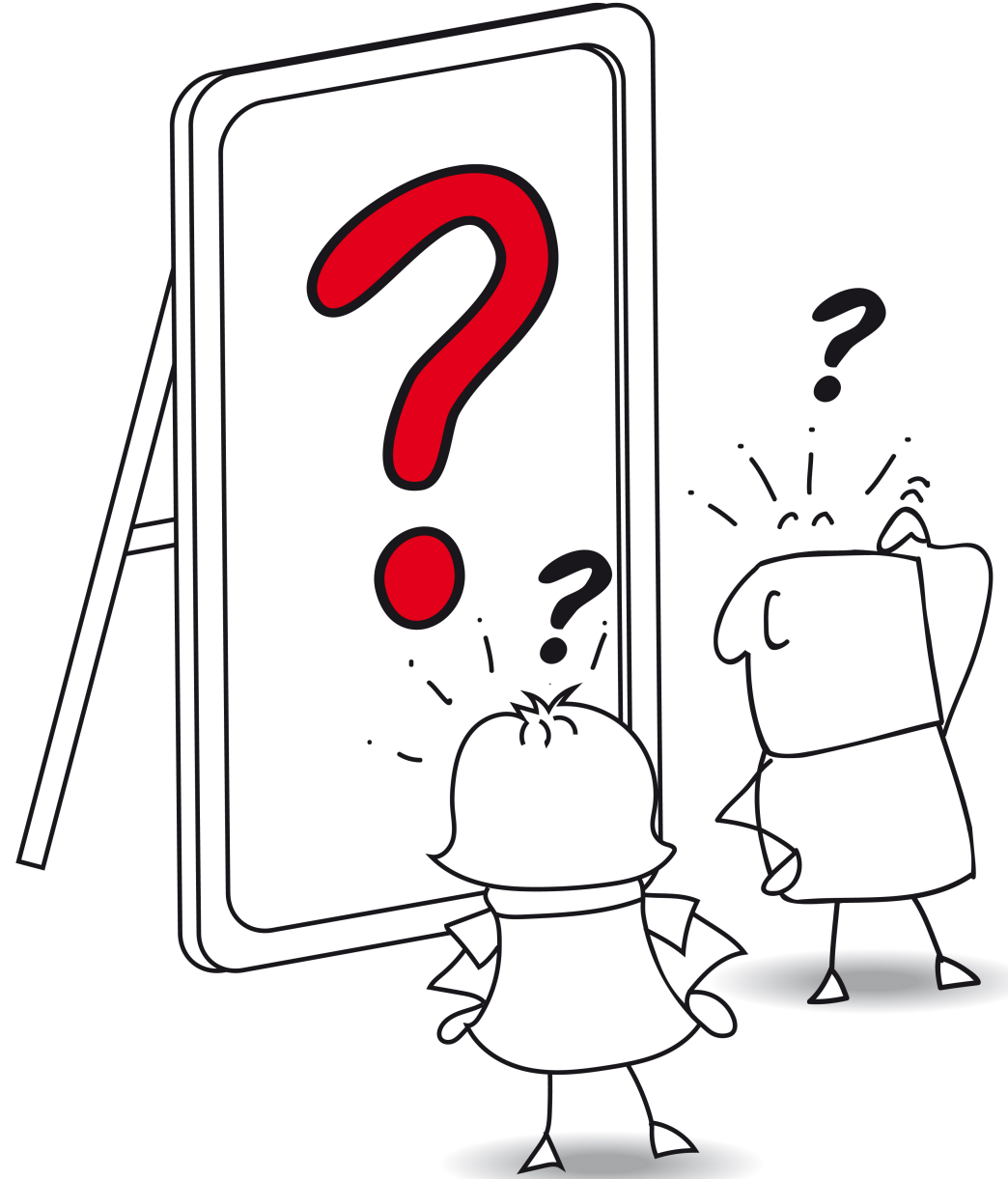
Aha moments

Whole brain
experience.





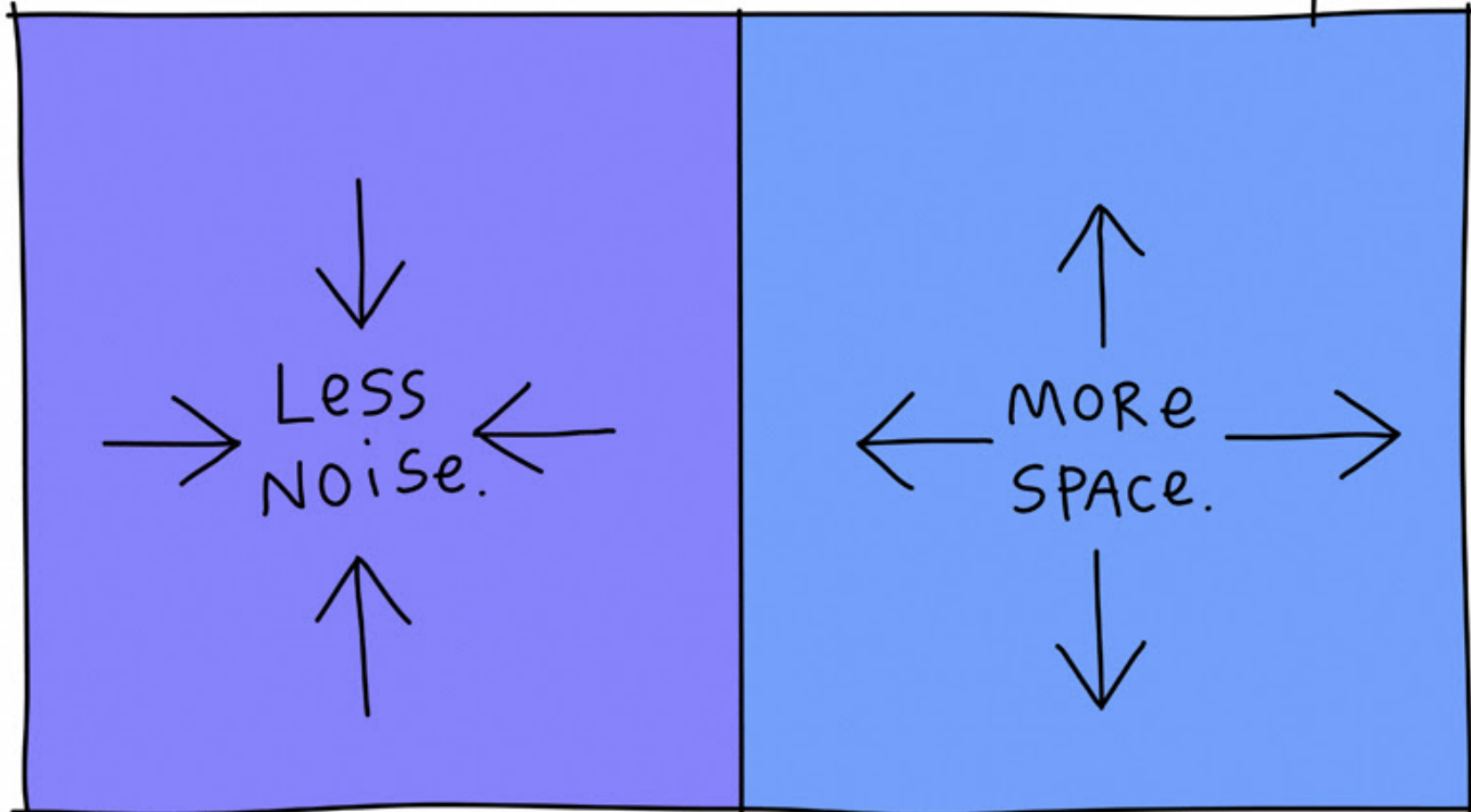
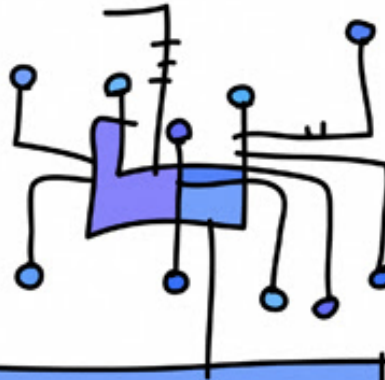
lead for flow

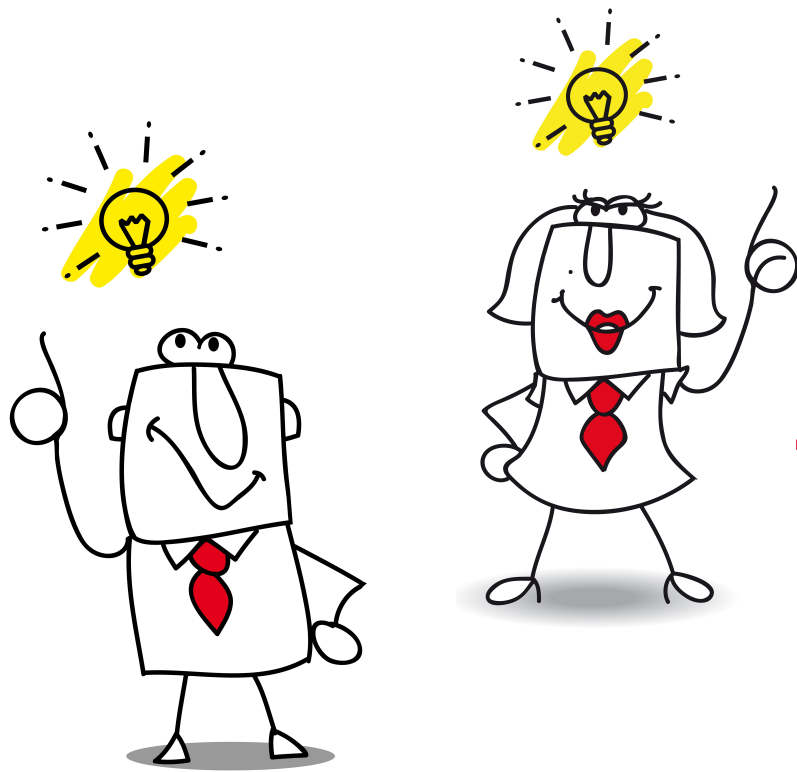




lead for flow

ideal mental state:

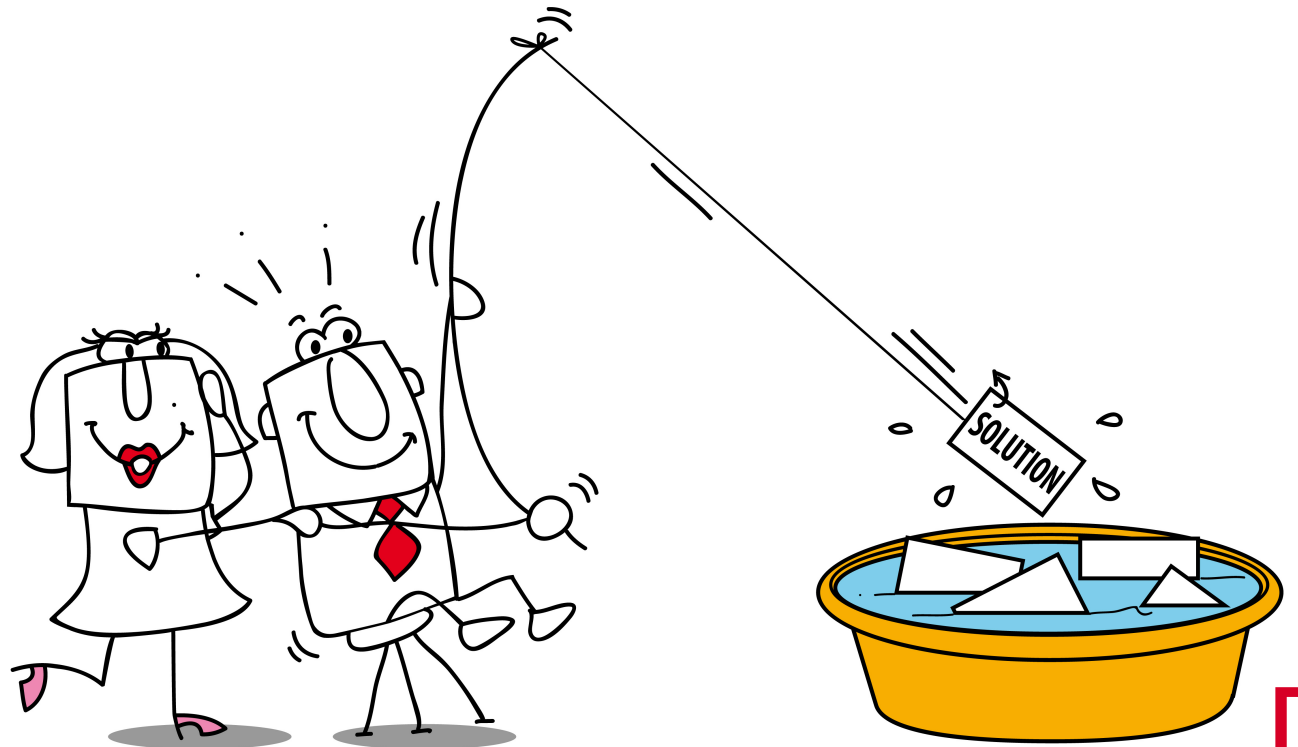




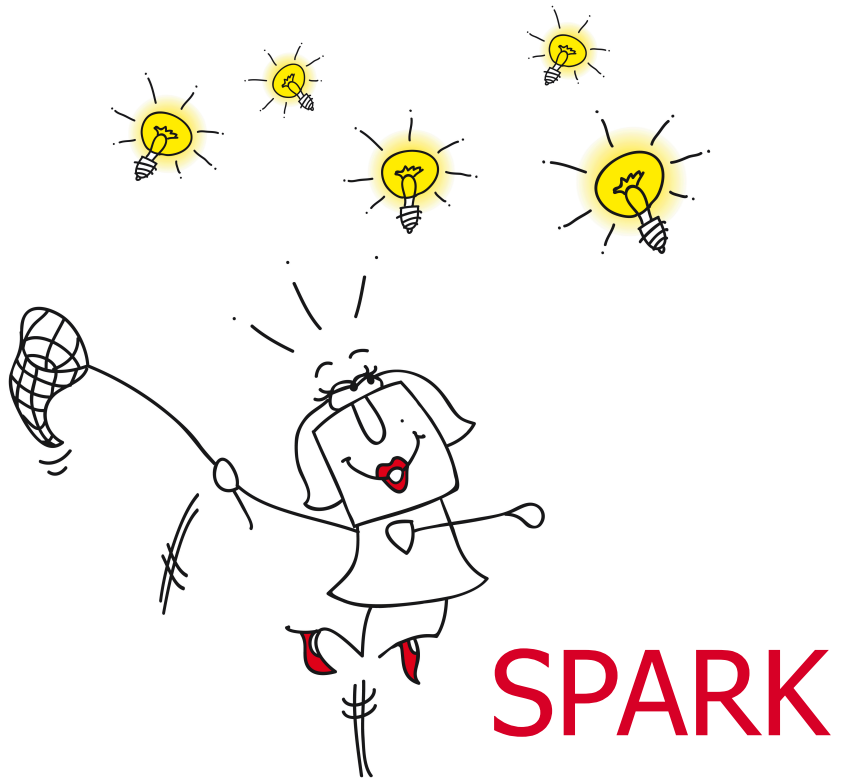
THINK



CREATIVITY



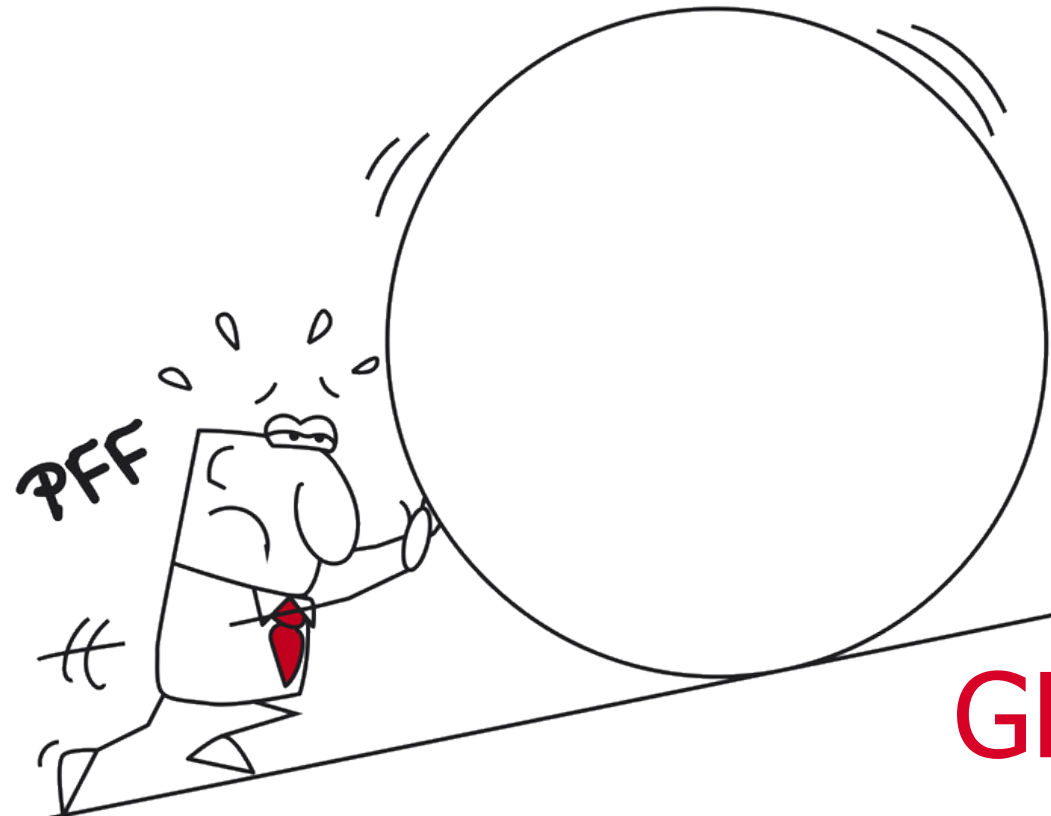
DO



SPARK



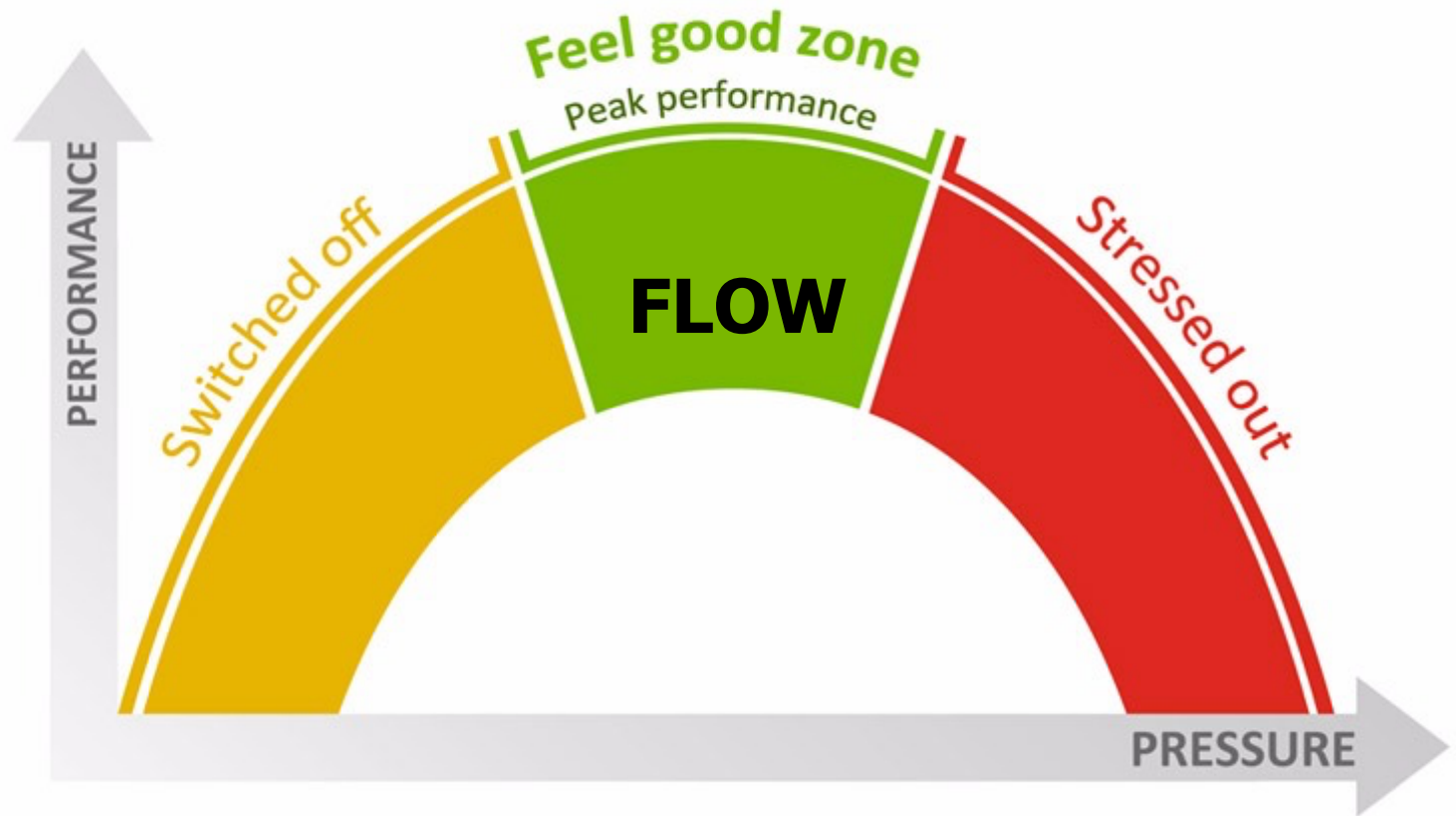
CREATIVITY



GRIND

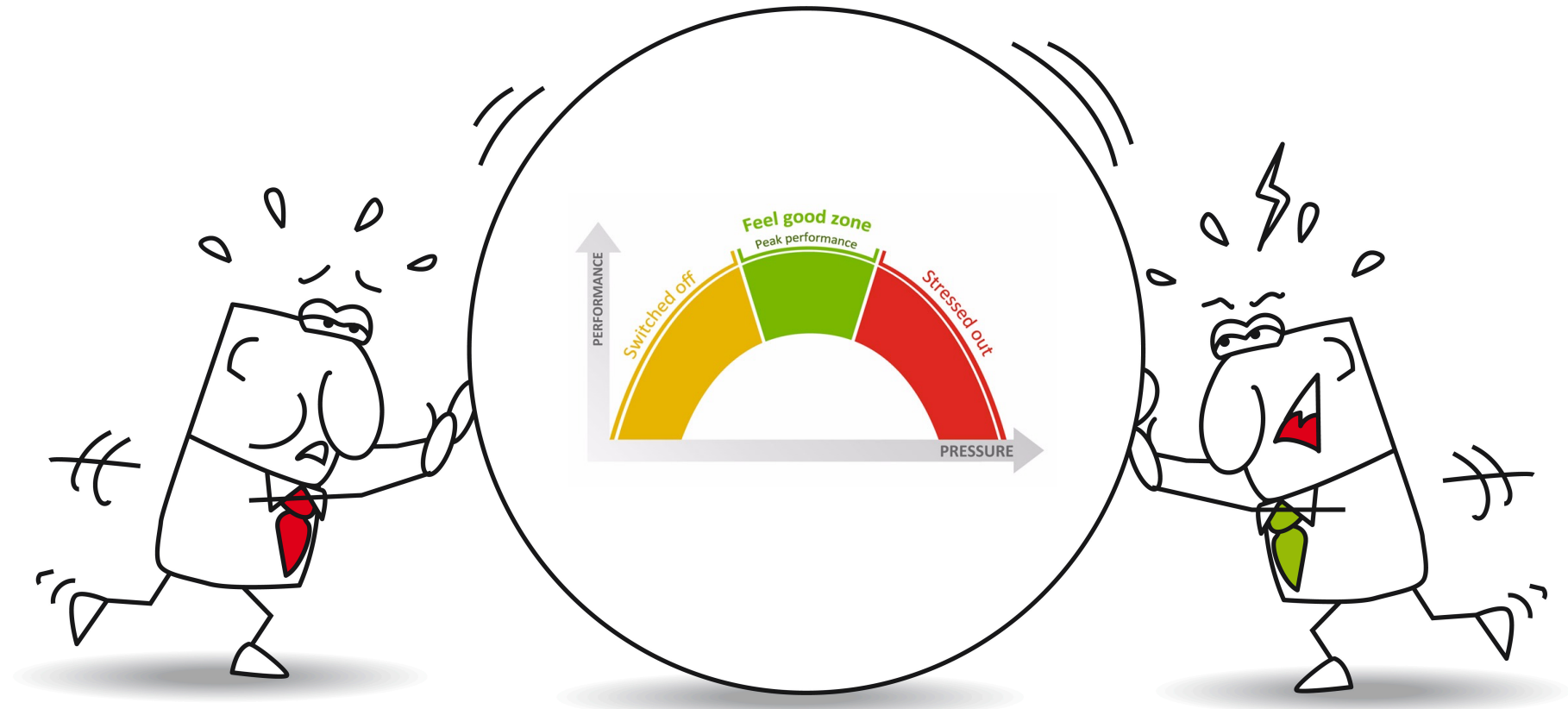


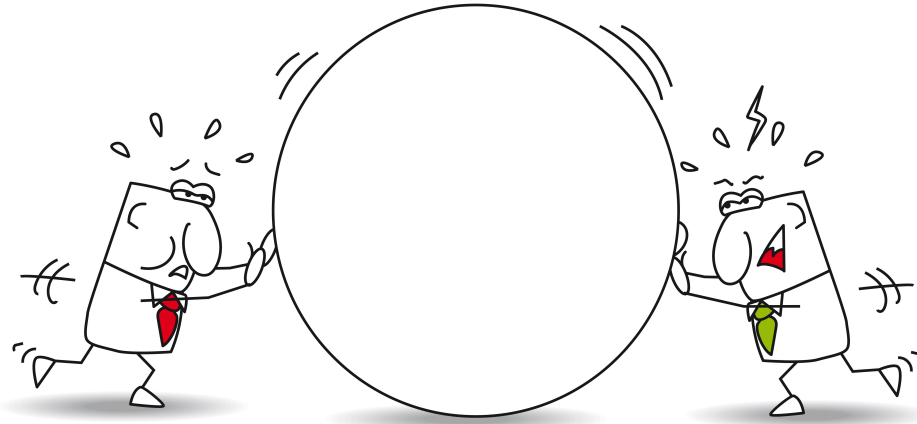
Peak performance



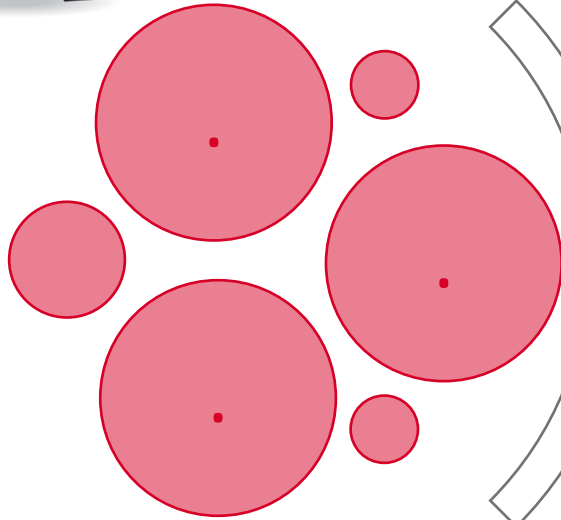
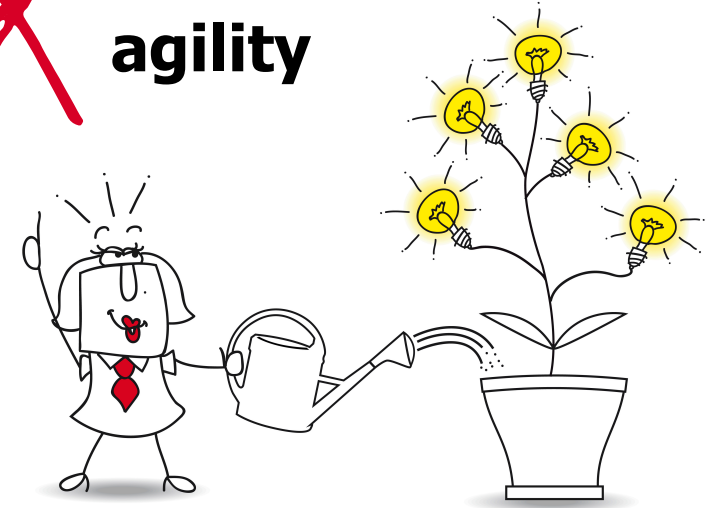


what stems your flow?

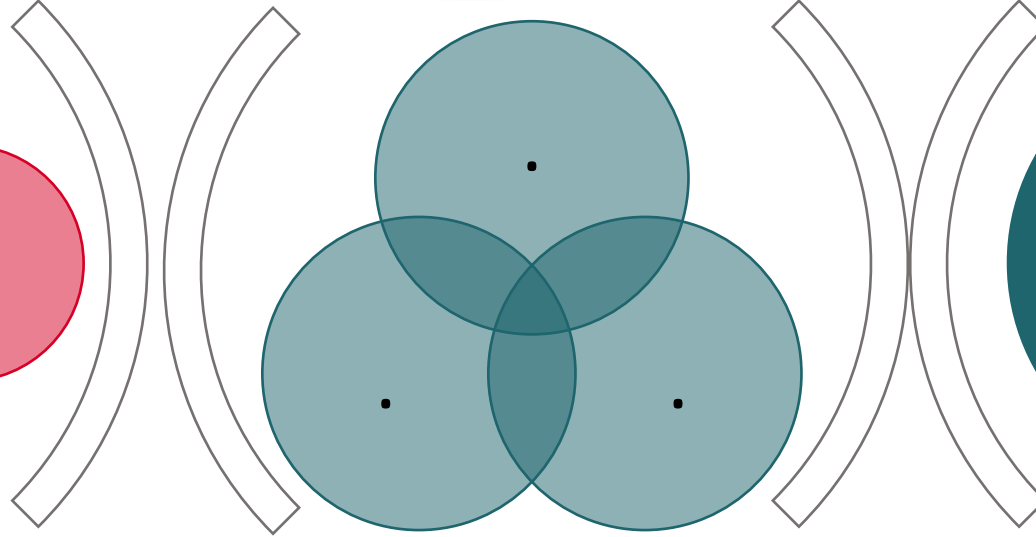




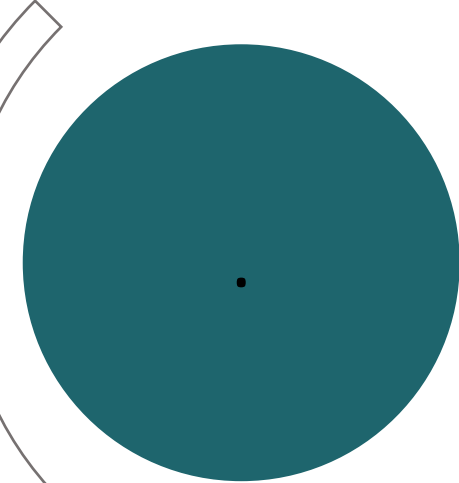
~~Agility~~ agility



FRAGILE



RESILIENT



ANTIFRAGILE

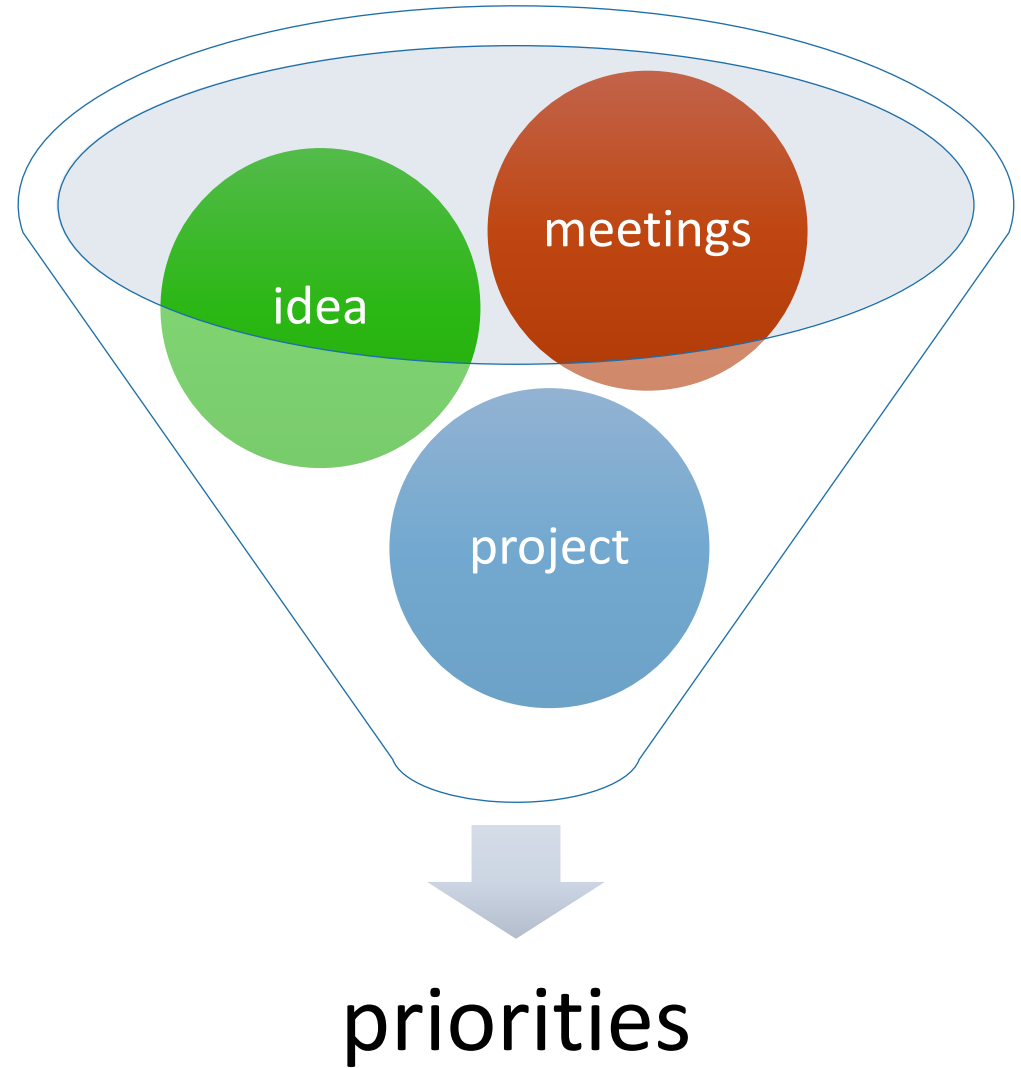


workflow





categorise to focus



BRAIN DUMP AREAS OF ACTIVITIES



CATEGORISE

Work
Block

Work
Block

Work
Block

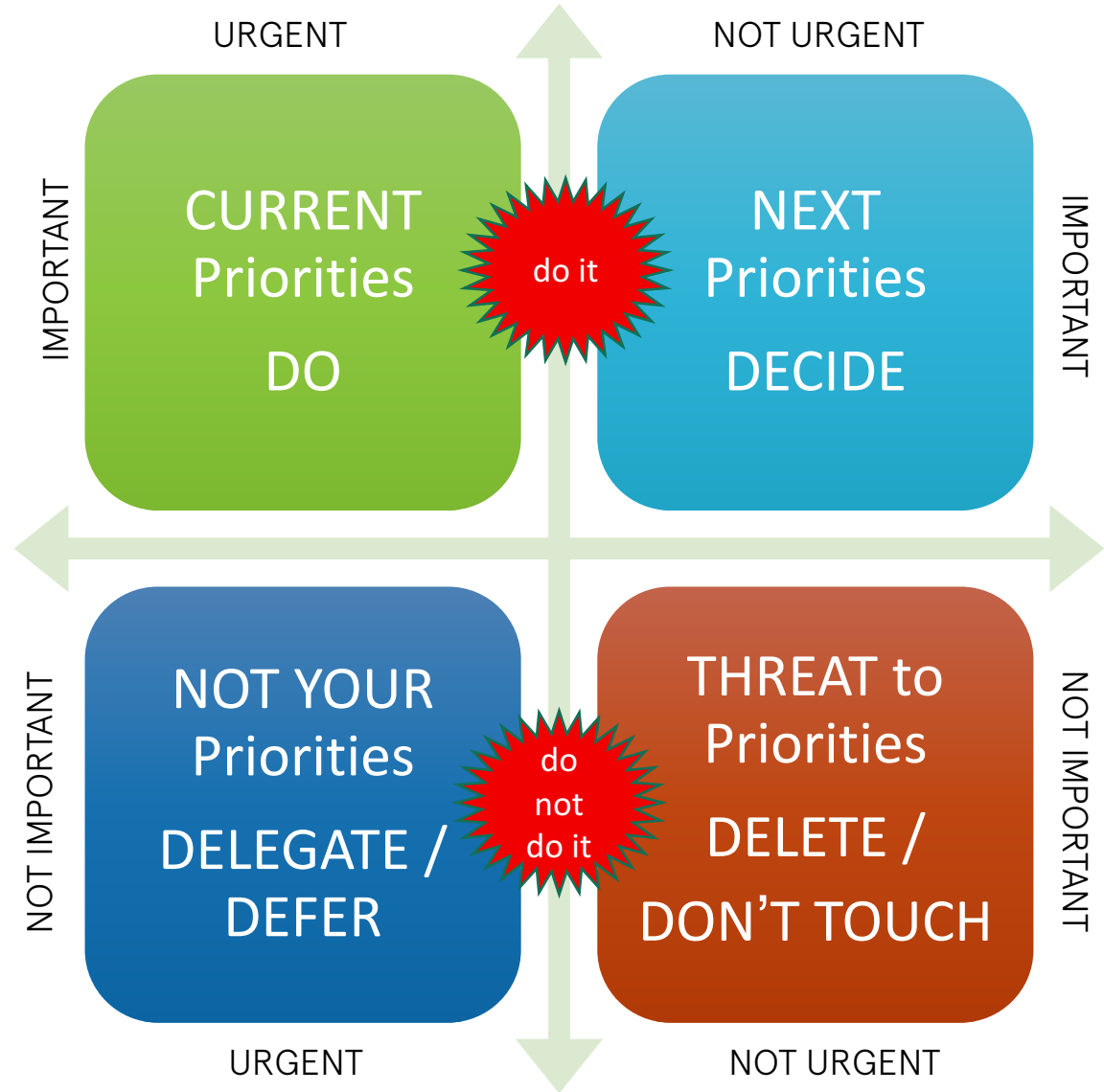
Work
Block

Work
Block

Work
Block



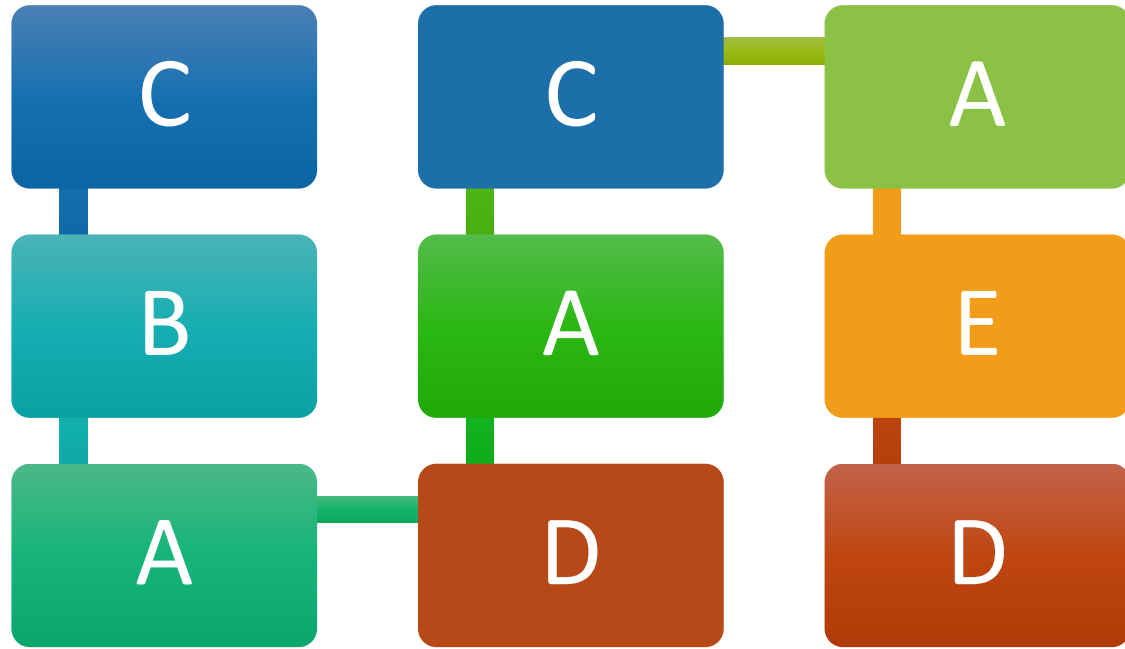
prioritise ruthlessly



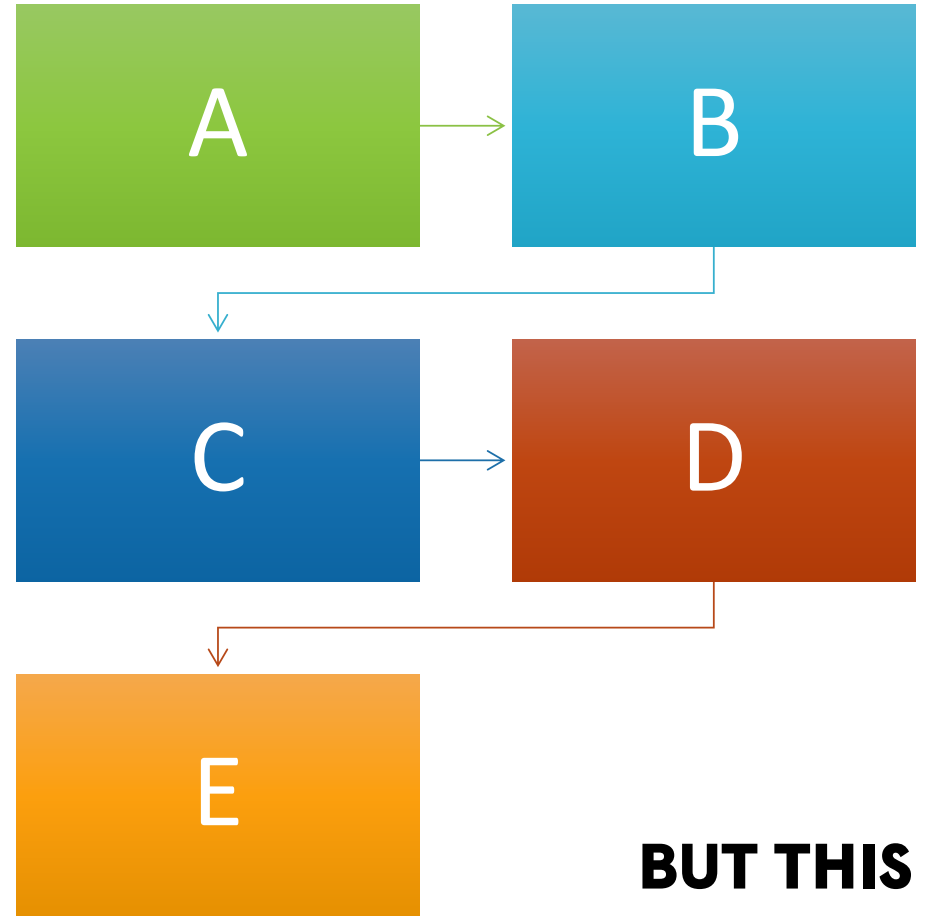
BE SELECTIVE



organise productivity



NOT THIS



BUT THIS



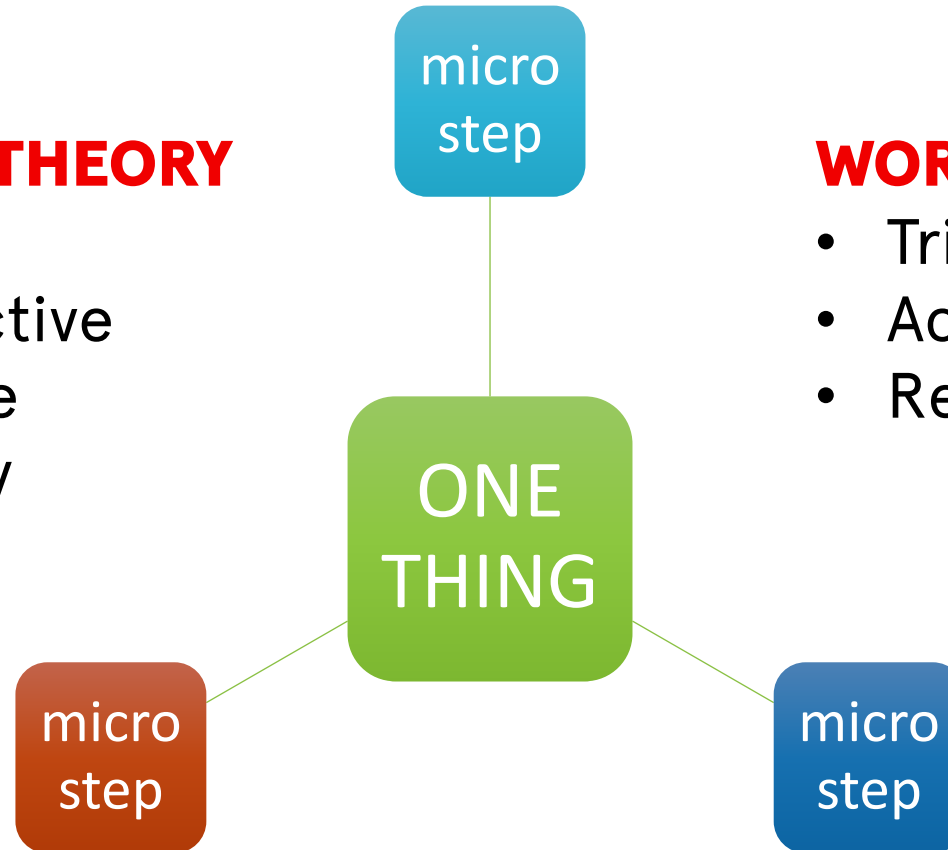
laser focus

NUDGE THEORY

- Easy
- Attractive
- Simple
- Timely

WORK HABIT

- Trigger
- Action
- Reward



~~IX~~ schedule

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

PLAN
2 weeks ahead

	mon	tues	weds	thurs	fri	sat	sun
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							

schedule

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

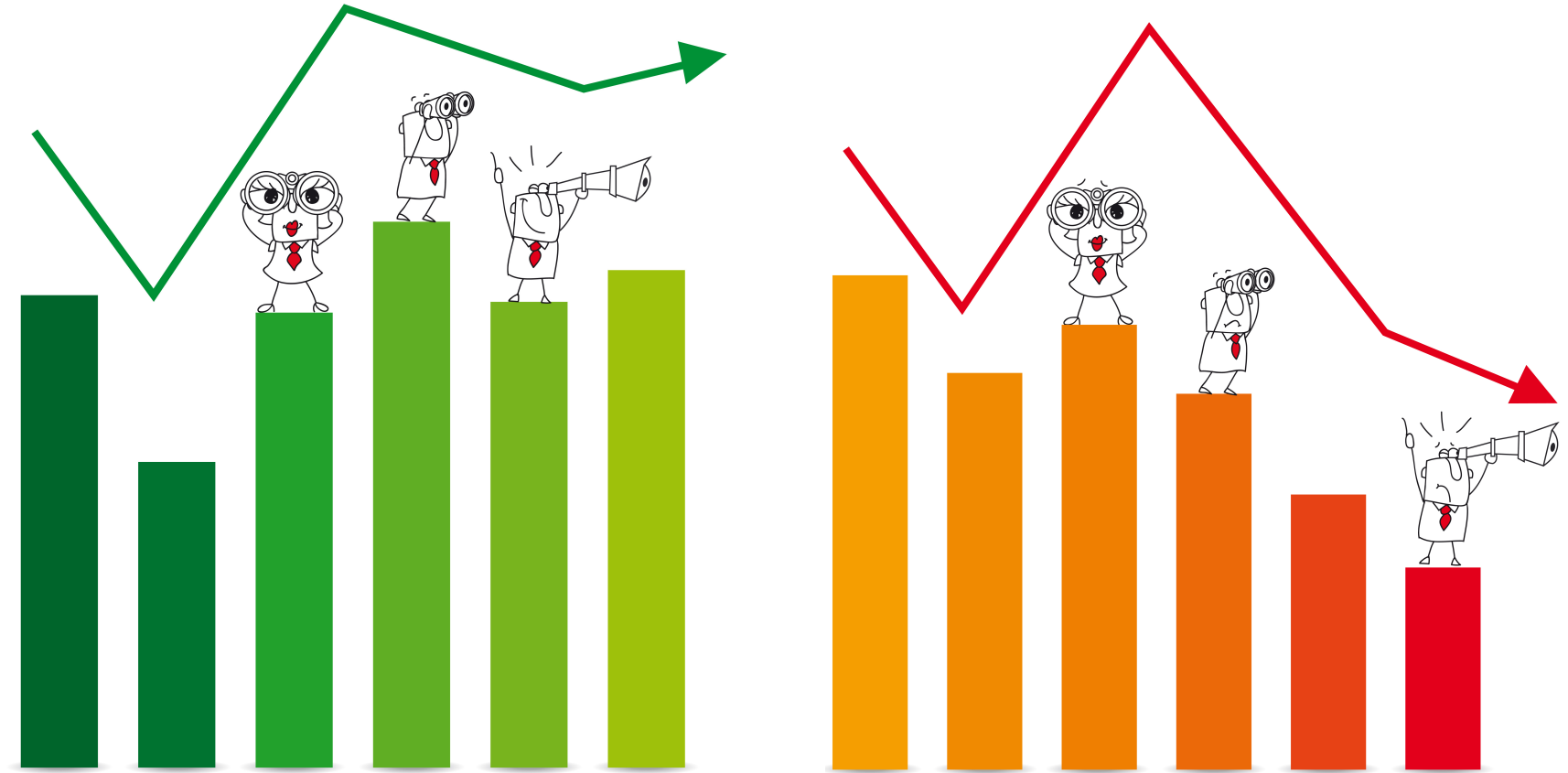
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1300							
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1500							
1600							
1700							
1800							
1900							
2000							

Your
ideal
working
week



measure progress

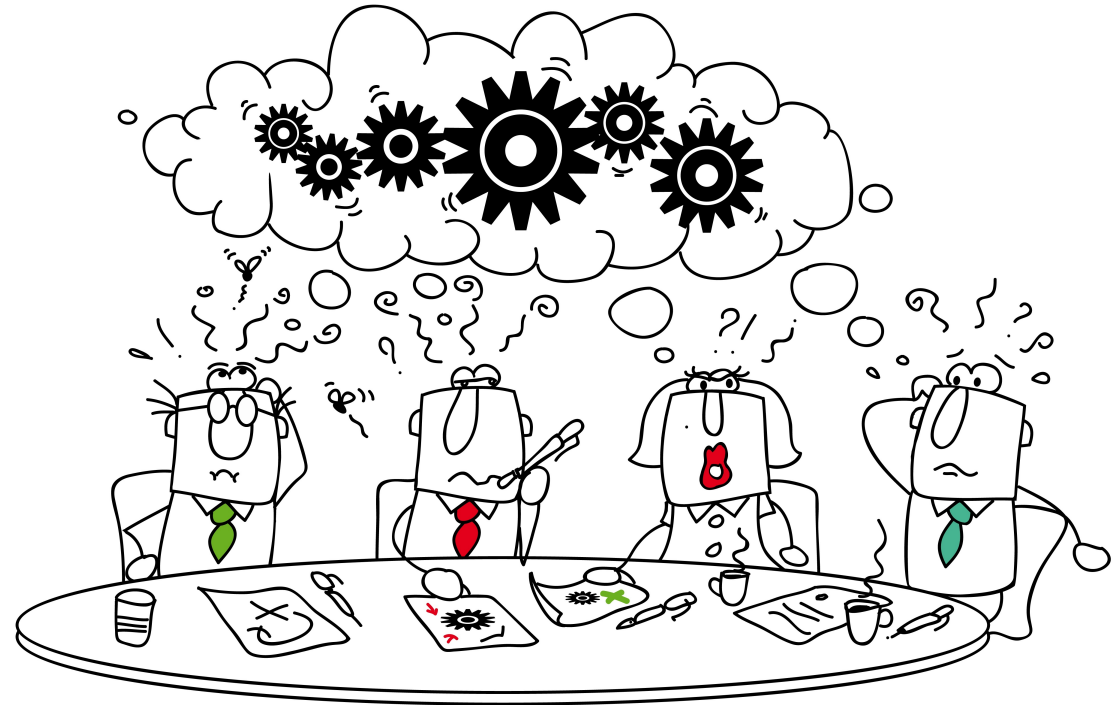




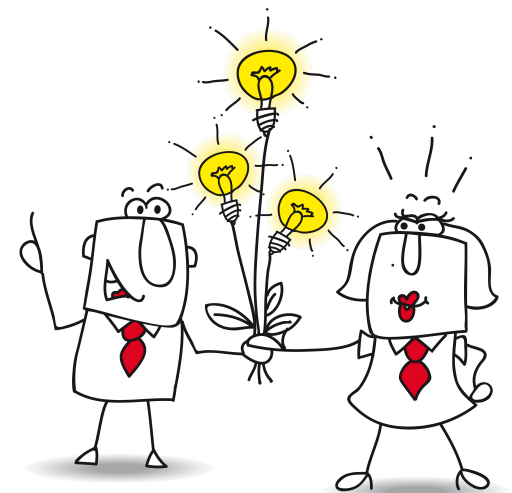
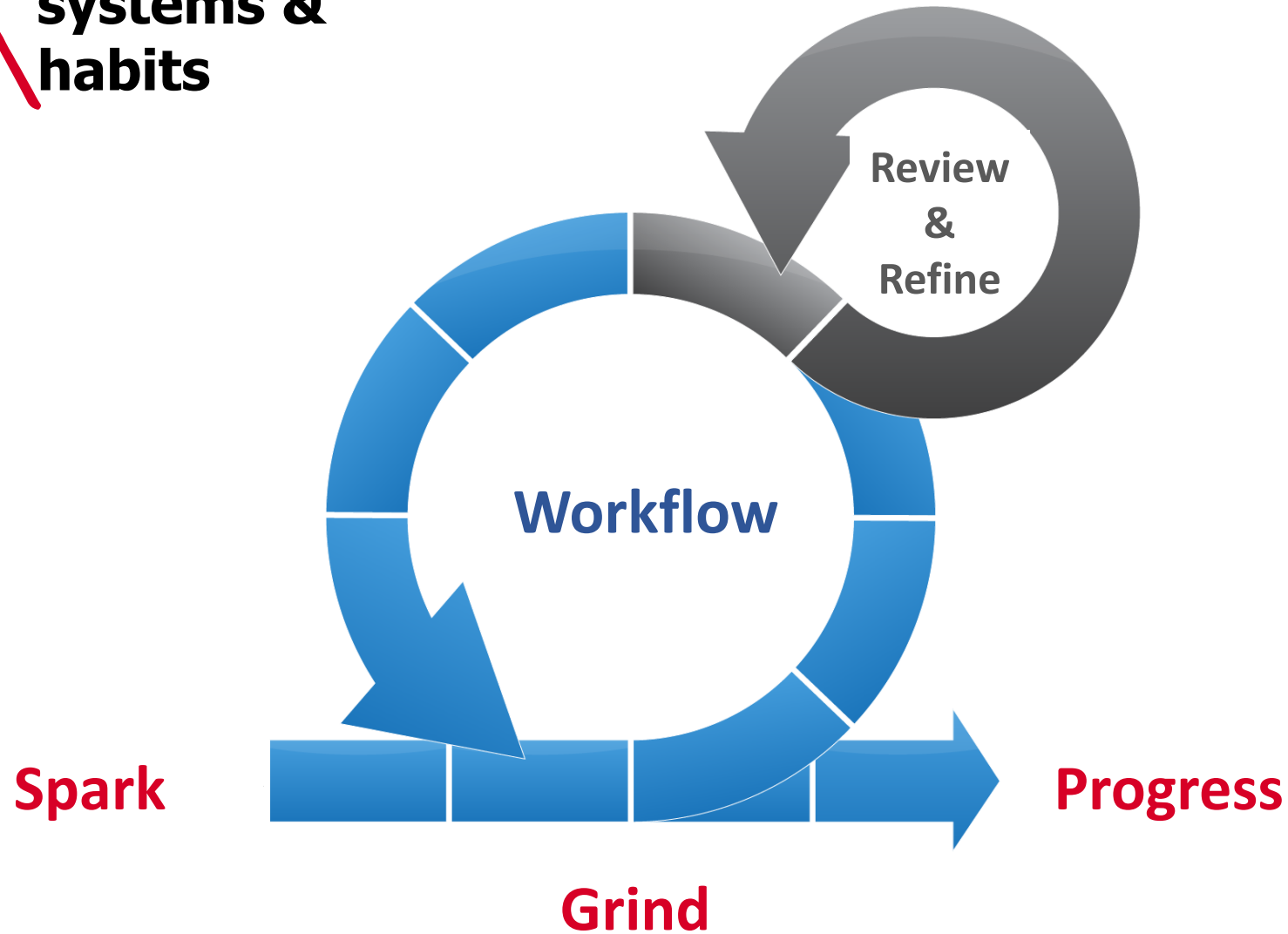
review & reflect

Where are you at?

1. Progress – on or off track?
2. Sticking points – you or others?
3. Mind the gap – catch-up or leap?



systems & habits





PROGRAMME

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

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collider
wgtn