

# THE FLOW GAME

The Flow Game is a process designed as a board game that creates a space for individual and collective clarity and wisdom to emerge through reflection, dialogue and interactive learning.

*The Flow Game is played around a game board in groups of between 4-6 players and is hosted by a flow host. The Flow Game is often played over two days but can be easily played during shorter or longer periods of time.*

The Flow Game is well suited for groups or teams that wish to explore a collective as well as a personal intention as well as for individuals who wish to call a Flow Game and invite others to play with them.

## ***The purpose of the Flow Game***

***The purpose and intent of the Flow Game is to strengthen and bring clarity and flow to the life affirming leadership and actions of the participants. Its aim is to strengthen and bring focus and flow into an important area or question for a work team or in one's own life - be it a project, a future direction of work or relationships or as part of an person's personal growth.***



*Flow Game and game board*

## ***The seven perspectives of the Flow Game***

There are seven focus points for the Game. Each participant chooses what his or her individual focus of the Flow Game should be. The focus or **intention is formulated as a question**, which is in the **Center of the Game**.

*If you have an important life or work question that you would like to explore more deeply, then playing a Flow Game may be helpful*

The game works best if the intent or question is something that matters, rather than an intellectual question. Together we then explore and illuminate each intention from all the other perspectives

Four of the perspectives are the **four aspects or directions of our personal leadership**:

- **Leadership** – having the courage to walk new paths, break new ground, lead the way etc.
- **Vision** – the creative and visionary parts of leadership and seeing the bigger context
- **Community** – the ability to empathize, connect, inspire, engage, align and attune.
- **Action** – the ability to bring vision into meaningful action and “get things done”.

There is a creative tension between these different aspects of leadership in the way they hold opposites e.g. showing courageous leadership while tending to the community, or having a great vision while not forgetting the action.

In addition to these there are **two more aspects** to consider, **above (heaven) and below (earth)** – As we stand in the center with our intent or question, above us are the forces that are greater and bigger than we are. Heaven also speaks to our highest aspirations. Below us is our ground, the foundation we stand on

### **What people have said about the Flow Game**

*“I have experienced the Flow Game as the most effective way to explore new and alternative solutions to personal and professional challenges and to look at “old” solutions in new perspectives. It is not only the trick of using a board game for this purpose. The fine outcome was just as much the result of a professional moderation and intervention by the Flow game host.”*

\*\*\*

*The opportunity to play the Flow Game came at a good time. I just happen to be at a point where I have been feeling a bit stuck in my business. I haven't been quite sure where to focus next. I knew right off the bat that spending a day with new and old friends in this style would provide me with valuable insights and give me guidance towards my next and most important steps...Each of us brought our question to the game – a specific personal one that just wouldn't go away. My personal question was about my purpose and how I can integrate it fully into my life including work, home and my community....We were all seeking how we could best contribute to our fulfillment and to the world...If you ever get a chance to play the Flow Game, clear your schedule and take advantage of the opportunity by doing whatever it takes to make it happen. It's one of those rare chances to stop for a moment, be present and learn what you need really need to know.*

\*\*\*