Cameron Norsworthy is a coach, speaker, author, founder and CEO of The Flow Centre. Explore flow as a focus within the coaching framework.

**TOP EMBODIMENT TIP:** If we don’t label and prioritize it, the mind and body doesn’t have a signpost of where to go.

**Context:**
- We can all have a range of experiences in any given moment, from high arousal to low arousal, positive feelings to negative feelings. We can experience stress, high expectations, pressure, insecurities, fear, and distractions.
- When we are out of flow, our physiological experience is very different from when we are in flow.

**What is Flow?**
- “Being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement and thought follows inevitably from the previous one, like playing jazz. **Your whole being is involved, and you’re using your skills to the utmost.**” Mihalyi Csikszentmihalyi

**Flow Coaching:**
- Most people who come to a coaching session experience high arousal or anxiety. They **struggle to find clarity of thinking or they are in a comfort zone** where everything is within their control, but they feel there is more to life.
- **Getting ourselves and our clients into a flow state can be the difference** between a client going around in circles for the first 30 minutes of a session or getting real value and transformation. It’s the difference between someone **integrating a coaching experience** into their life or going back into normal habits.
- When we focus on and prioritize flow, we **are more equipped to manage our own experiences.** It can improve accuracy, productivity, motivation, performance and creativity, while reducing anxiety.

**So What?**
- When we find flow in our coaching, the experience is increasingly transformative for ourselves and the client. There is **synchronicity, a deeper connection, total trust, and clarity.** We become more **self-regulated as coaches and the coaching relationship is empowered.**
- When the client finds flow, they experience fulfilment. This leads to developmental growth, harmony, deeper connection and transformation; and the client goes away with a **deep level of integrated action** as a result.

**Resources:**
- **Special Offers:** [Foundations of Flow](https://theflowcentre.com) (70% discount!)
- **The Flow Centre Academy** [theflowcentre.com/academy-training](https://theflowcentre.com/academy-training) + **$1000 Voucher**
- **Website:** [theflowcentre.com](https://theflowcentre.com)
Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a comprehensive, highly adaptable, embodiment-based methodology for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21,** which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment,** which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit Uzazu.org for details!**

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