



Cameron Norsworthy: Coaching Embodied Flow States



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](#) (70% discount!)
- ❖ **The Flow Centre Academy** theflowcentre.com/academy-training + [\\$1000 Voucher](#)
- ❖ **Website:** theflowcentre.com



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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