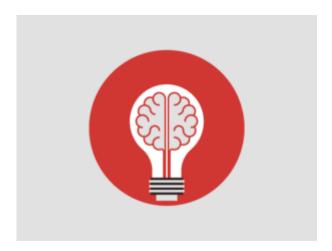
## Coaching Skills — Getting Flow



## **Course Description**

In this course, we'll examine flow in detail by looking into the Flow Model, how the model can help us understand why we find some tasks much easier than others and how you can use the ideas behind the Flow Model to experience flow more often, so that you can be more productive.