



LEADERSHIP
COACH GROUP

LCG OPEN COACHING PRESENTS

THE FLOW STATE ADVANTAGE:

How Leaders Achieve More with Less Stress

FEBRUARY 6, 2025 | FRIDAY | 12:00 PM EST



Geraldine "Jerry" Anathan

Peak Performance Coach,
Harvard Masters in Psychology

FREE

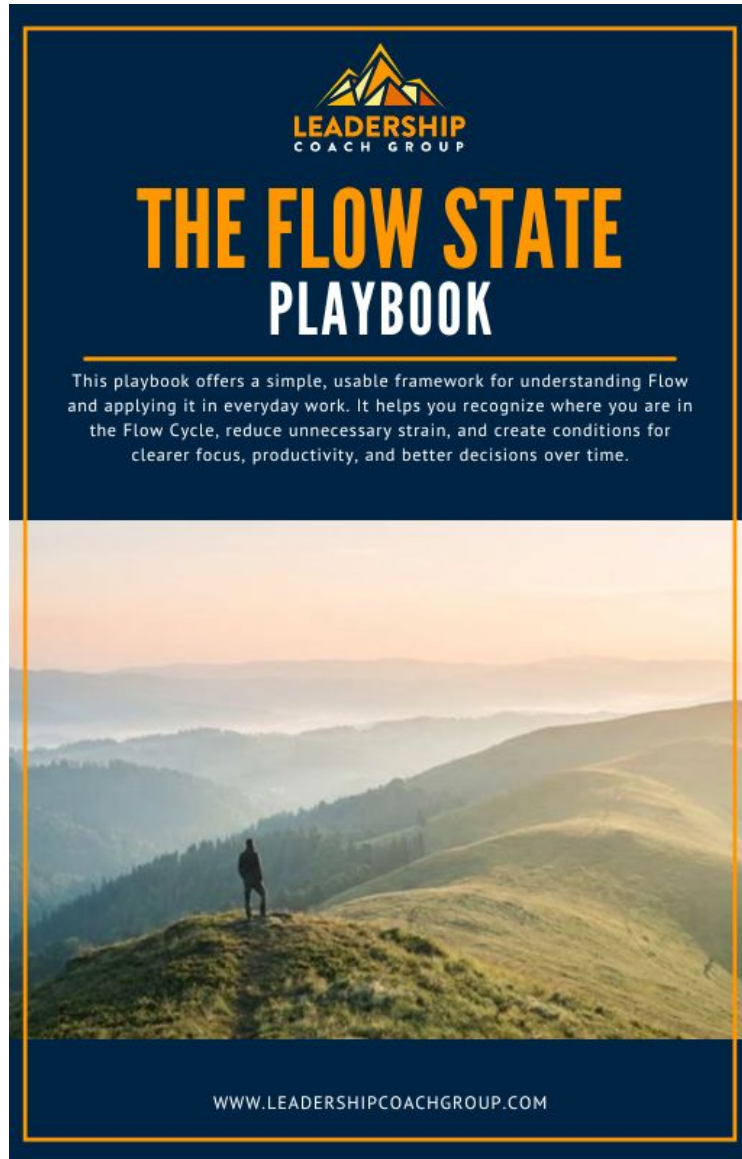


LIVE
WEBINAR



| What is LCG Open Coaching?

- **Rotating Hosts & Themes:** Every month (1st Friday at Noon EST) features expert coaches discussing topics aligned with leadership excellence and the core values of the Leadership Coach Group.
- **Actionable Insights:** Leave every session with fresh perspectives and a deeper understanding of your leadership journey.
- **Step-by-step “Playbook:”** Receive a practical guide filled with reflective prompts, actionable steps, and strategies.
- **Live Open Coaching:** Each session invites volunteers from the audience to share real questions and challenges, creating a personalized and dynamic learning environment.



The Flow State Playbook

- ✓ **Guided exercises and reflection prompts**
- ✓ **Informative leadership insights**
- ✓ **FREE and easy to use!**

| Our Services



One-on-One Coaching

What does your style of top-notch leadership look like? We're here to unlock your unique potential, refresh your self-awareness, and create plans to make your goals into realities.

Confidential, experienced, and supportive, our coaches will guide you through leadership challenges while freeing you to fulfill your potential. Level up with us!



Team Effectiveness

Galvanize your team and equip them to achieve their goals with our team coaching, team psychological safety assessments, and inspirational speaking. These services target powerful points for growth and will send your team into the future with greater confidence, skill, and cohesion. Learn more about our transformational sessions today.



Leader Assessments

Using the industry's leading diagnostic tools, we provide essential insights and individually empower leaders to thrive. Our array of assessments includes High 5 Strengths Finders Test, DISC, the Myers-Briggs Type Indicator®, the Enneagram of Personality, and 360-degree leadership assessments. Explore your potential with us today.

| Our Coaches Have Served Leaders at*:



ORACLE®

 **Dropbox**

 Microsoft

 **SAP**

webflow

 **Hinge Health**

SWISSnex 

 salesforce

 **NEXtera**
ENERGY

 **facebook.**

SONY

 **SIGFIG**

UCSF Health

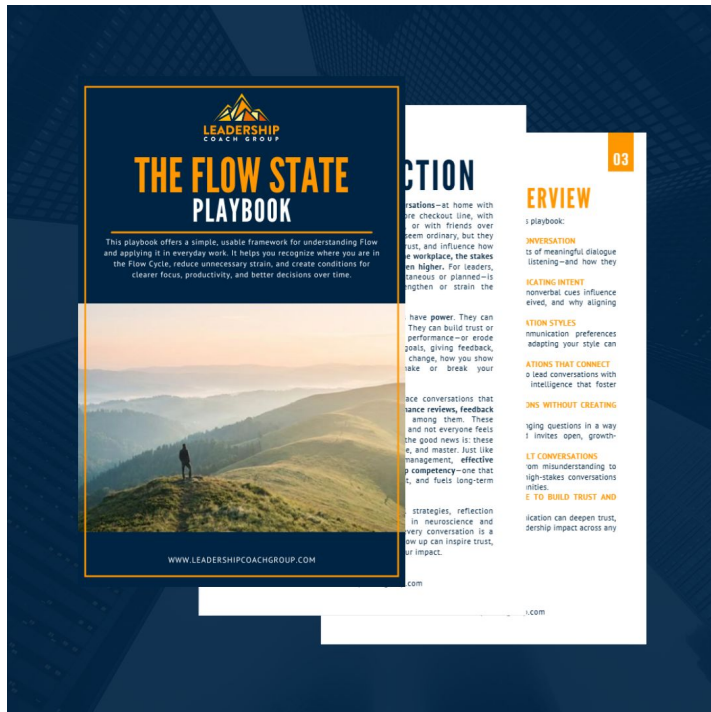
FICO

 **TURO**

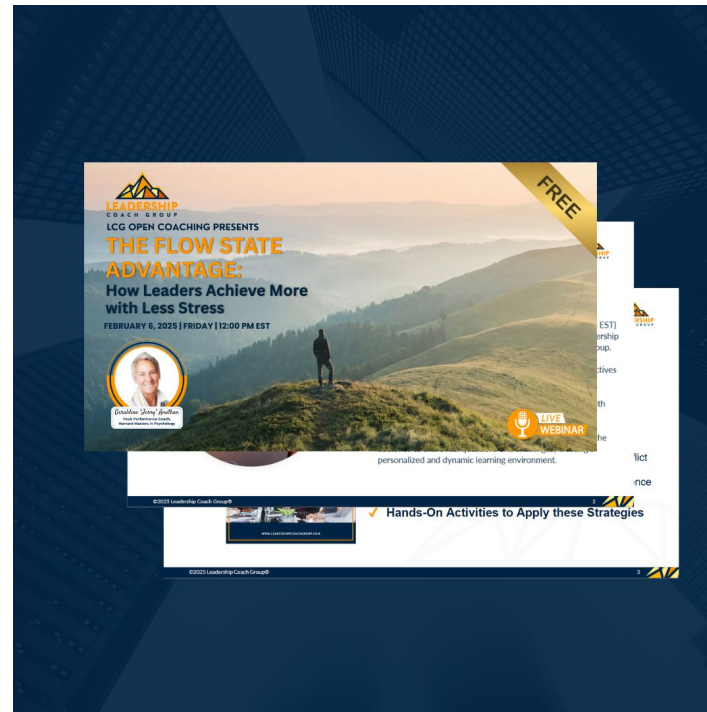
*The company logos represent the companies our coaching clients were employed by during the time of their coaching by members of the Leadership Coach Group. Some of these clients paid privately for their coaching, others' coaching programs were sponsored by their companies. It is a partial list of clients and affiliates our coaches have worked with over the duration of their careers.

Follow Up Email

The Flow State Playbook



Slide Deck Copy



Complimentary Coaching Session





Geraldine "Jerry" Anathan
Peak Performance Coach,
Harvard Masters in Psychology

| Geraldine “Jerry” Anathan

- Executive and peak performance coach with over a decade of experience
- Masters in Psychology from Harvard, focused on Organizational Behavior
- Certified in High Flow State Optimization
Positive Intelligence, Psychological Safety,
- Specializes in science-backed strategies for resilience, engagement, and overall wellbeing.

Profile link:

www.leadershipcoachgroup.com/geraldine-jerry-anathan



Let's get present!

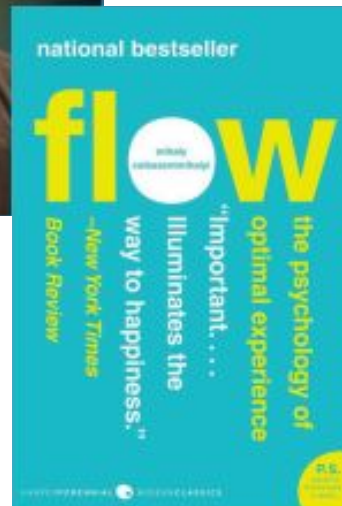
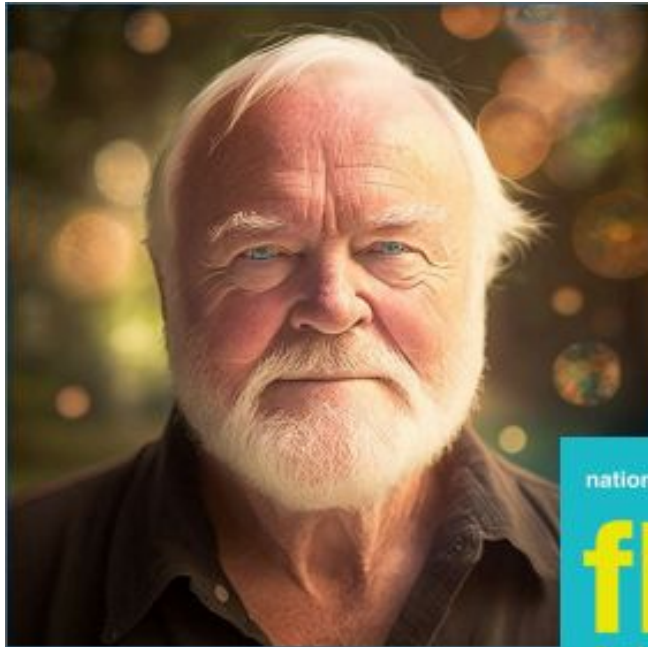
Flow Myths

Flow is NOT:

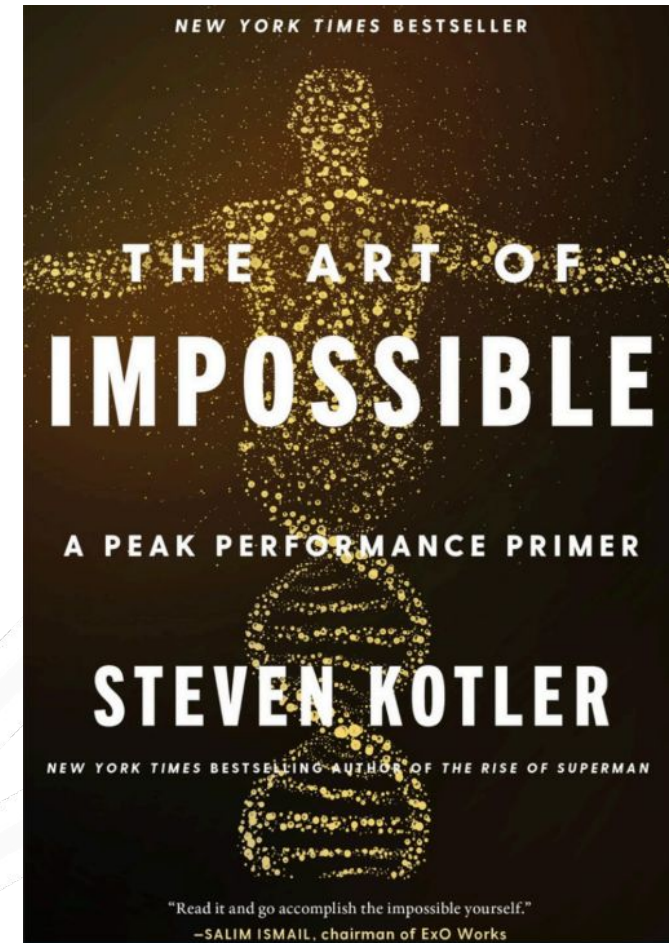
- Just for athletes or creatives
- Something you “force”
- Constant or permanent



Mihaly Csikszentmihalyi



Steven Kotler



What is *Flow*?

Calm Focus

- A state where performance feels clear and effortless.

Why it *Matters*

- Navigating the Challenges of Leadership



Flow Is *Not* an Accident

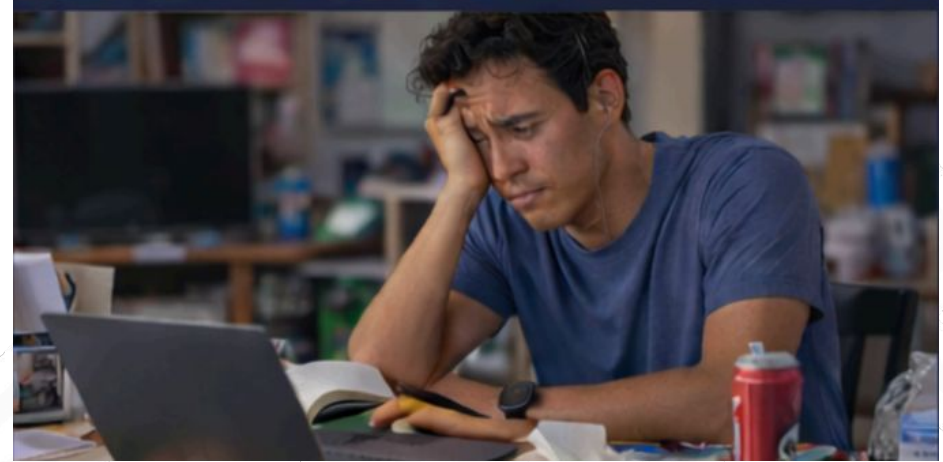
Brain Cycle

- The brain naturally moves through a cyclical process.

In Flow



Not In Flow



In Flow

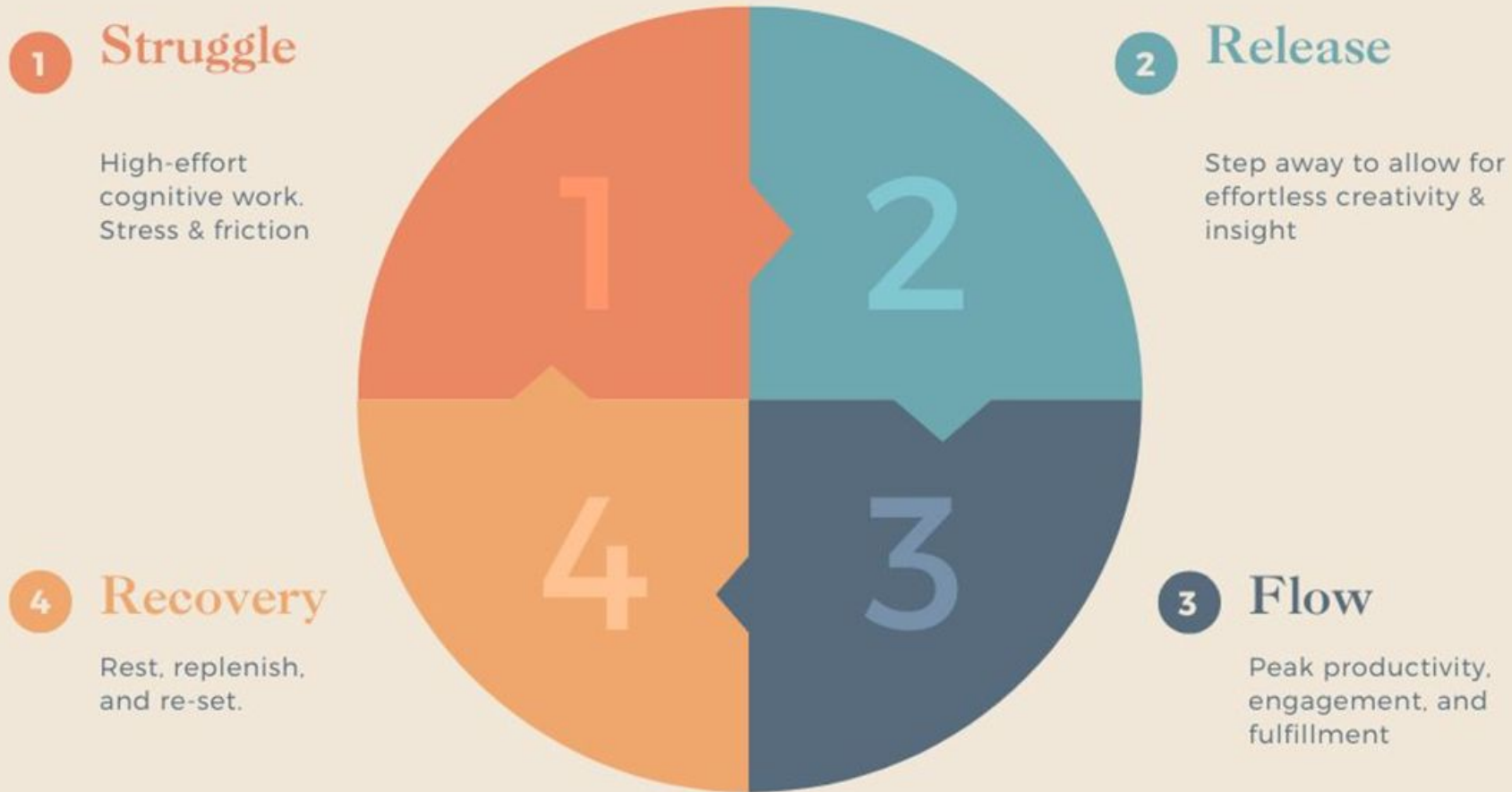


Not In Flow



4-Stage Flow Cycle

FLOW STATE INCUBATOR



Struggle



Release

Flow State

Recovery

**Think of the recent
time where you were in
the Struggle stage.**

**Reflect on your own experiences with
the flow cycle**



Struggle

Tip 1: Define clear goals to give your brain a target; ambiguity increases cortisol.

Tip 2: Break work into challenging but manageable chunks—the challenge/skill balance is critical.

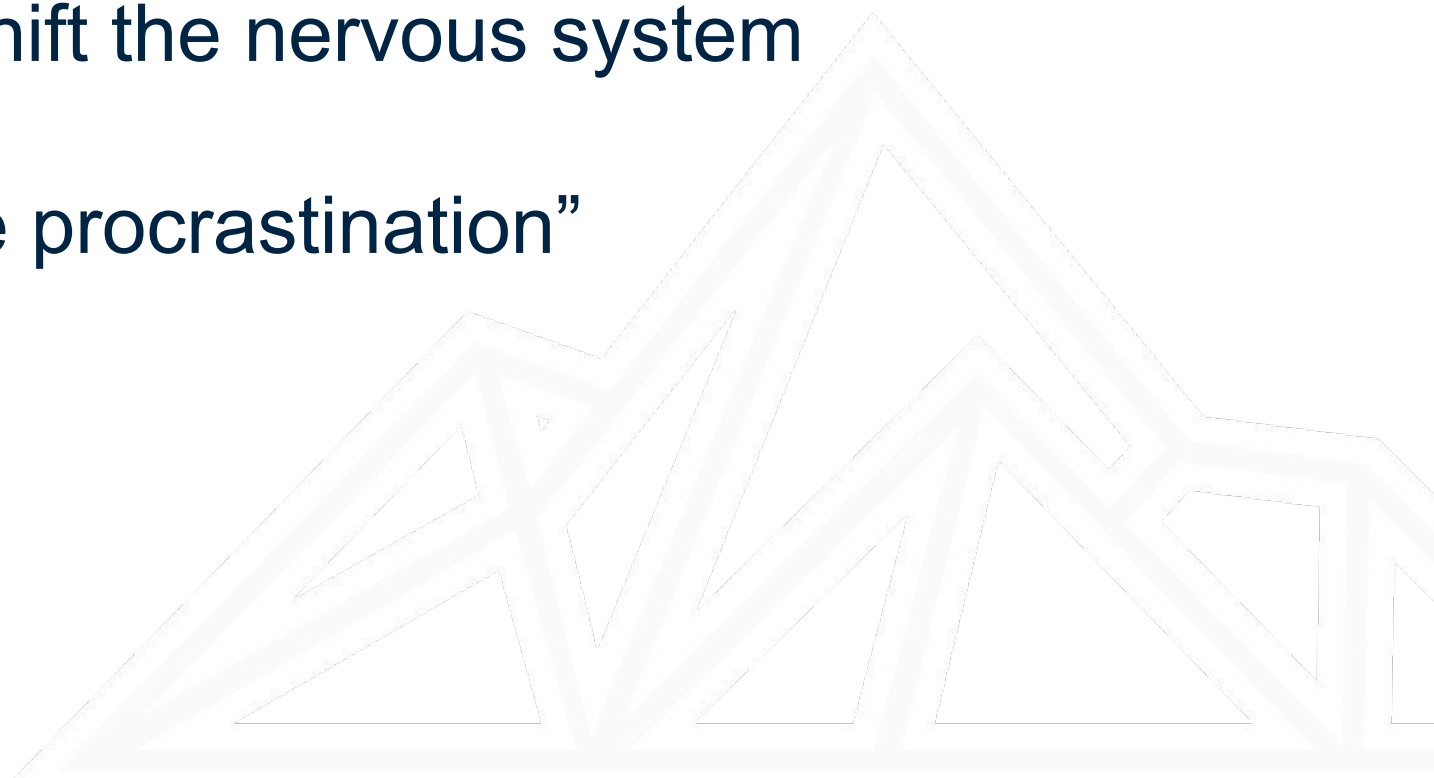
Tip 3: Limit inputs. Avoid multitasking; overload dilutes the neurochemical ramp-up.

Release

Tip 1: Schedule micro-breaks after intense focus

Tip 2: Use breathwork to shift the nervous system

Tip 3: Embrace “productive procrastination”



Flow State

Tip 1: Protect your flow blocks

Tip 2: Single-task

Tip 3: Start with a clear intention



(Active) Recovery

Tip 1: Incorporate active recovery—gentle movement, nature, or social connection—to boost serotonin and oxytocin.

Tip 2: Reflect on what worked and didn't; journaling or debriefing solidifies insights.

Tip 3: Social Media and doom scrolling are not “Active Recovery”!



Be Part of Open Coaching!

VOLUNTEER REQUIREMENTS:

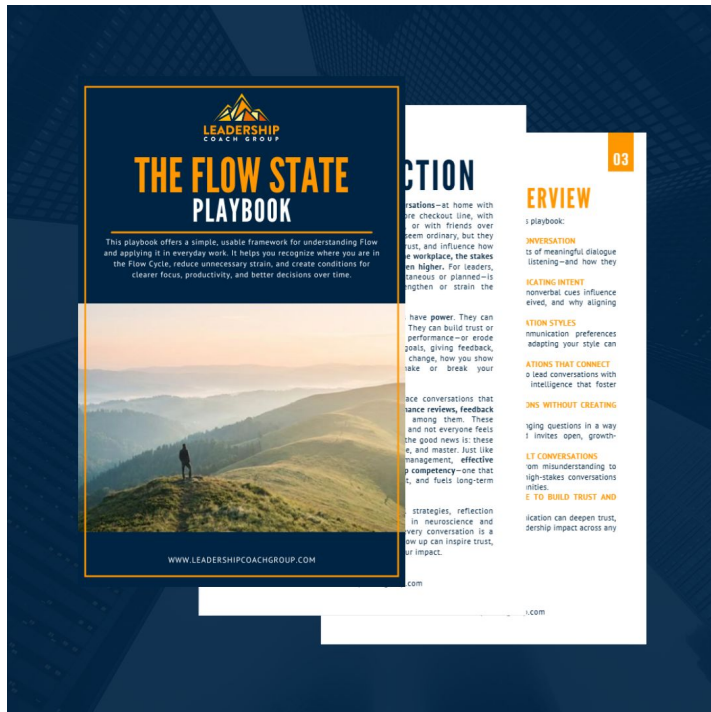
- Open to engage in a meaningful coaching conversation.
- Ready to turn on their camera and microphone.
- Consent to being recorded and recording shared online.
- Currently using a **desktop computer** or a **laptop**.

WANT TO VOLUNTEER?

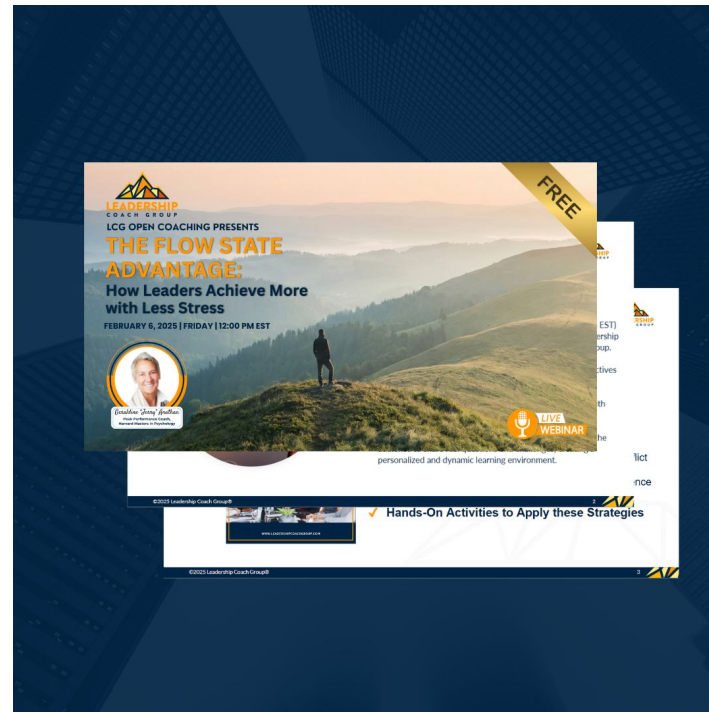
Raise your hand in the webinar or type in **“I volunteer”** in chat!

Follow Up Email

The Flow State Playbook



Slide Deck Copy



Complimentary Coaching Session



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12

ACTIVITY: WORKING WITH THE FLOW CYCLE

This activity is designed to help you anticipate how each stage of the Flow Cycle tends to show up for you and decide how you want to respond when you notice yourself there. The goal is to increase awareness so you can work with the cycle instead of against it.

As you move through your work in the coming weeks, you will likely pass through each of these stages. Use the table below to clarify:

- *What tends to be challenging for you in each stage and what typically pulls you off course?*
- *What do you want to practice doing instead?*

FLOW STAGE	WHAT'S CHALLENGING FOR ME HERE	WHAT I WILL PRACTICE DOING
STRUGGLE		
RELEASE		
FLOW		
RECOVERY		

08

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by signaling

*excerpt only



We Welcome Your Feedback



Coming up next for LCG Open Coaching

4 Communication Choices Leaders Use to Build Confidence, Credibility, and Connection



 Friday, March 6, 2025

 12 PM EST

Stay tuned for updates and details on this exciting session. Make sure to mark your calendars!



We are Here for You!

Contact Us

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