



CARRIDE CONVERSATIONS

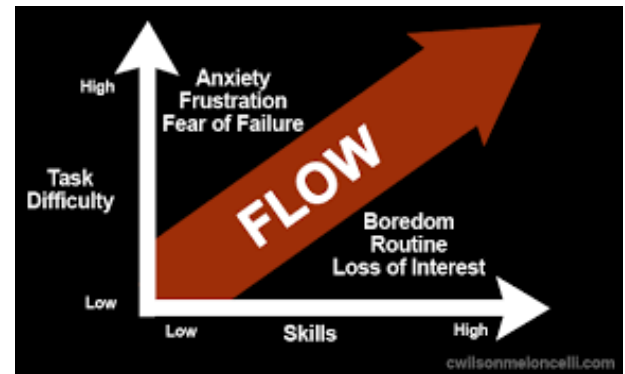
OPTIMAL ZONE OF PERORMANCE

What is flow? Flow is more than an optimal state of consciousness—one where we feel our best and perform our best, according to researcher and flow expert, Steven Kotler.

Basically, flow is the optimal state of consciousness. Csikszentmihalyi defines flow as “a state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it.

Group Flow: Companionship is actually one of the most important elements of flow. Why? Because connection is a basic human need, and when you achieve goals together, the neural release for strong connection is almost doubled, creating enhanced communication, collaboration, focus and problem solving ability.

THE PROCESS



What's needed to achieve optimal zone of functioning for elite performance:

- Struggle
- Release
- Relaxation

“When risk is a challenge, fear becomes a compass- literally pointing people in the direction they need to go next.”
- Steven Kotler

TOOLS AND TIPS

...for the car ride home

How to hack the state of flow in every performance (flow triggers):

- **Identify consistent routines for pre performance. Set clear goals and help your athlete identify what is challenging based on their skill set.**
- **Emphasis the importance of focusing on what is in their control: effort, attitude, energy, and preparation**
- **Embrace every role on the team- that of your athletes', and the team as a whole system. Every role is valuable.**

Save the date:

Registration for
Summer Camp is Live!

14 August
Fall Sports Begin

17 November
Winter Sports Begin