

THE FLOW ACADEMY™

Become who you are... and more

The Flow Academy™'s philosophy is to bring more «flow» into you and/or your team. Come along in this self-discovery and transformation journey, where you will have the opportunity to move out of the known "box", to explore new possibilities, to dare to transform, to access your inner resources and to reach your «flow» set point by becoming who you are ...and more.

«Life isn't about finding yourself. Life is about creating yourself.»
George Bernard Shaw

What is the «flow»?

Remember last time you did something you really liked and felt engaged, focused, motivated, clear, creative, productive, happy, timelessness - in *flow* with what you were doing?

Well, this intense rewarding optimal mental state is called *flow* in psychology.

When you are in your *flow*, you feel that you are where you belong, that you are being who you truly are.

The Flow Academy™'s intention is to support you in reaching and getting more *flow* in your life, whether personal or professional.



The Flow Academy™'s offer

Whether you question yourself about your purpose at work, about the way to reach your objectives, to develop your motivation or what are the keys to successful interpersonal relationships; whether you wish to, develop your team's emotional intelligence and improve their impact, The Flow Academy™ will help you find answers! To each of your specific need, we have a solution!

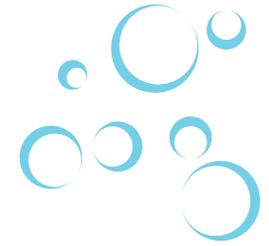
Our approach is based on traditional coaching methods (systemic, NLP etc.), but its **difference** and **uniqueness** come from the integration of the latest discoveries in **positive psychology, neurosciences and quantum physics**, as well as the practice of tailor-made powerful **games**, which will **challenge** you and rock your **world!** This original and unique approach makes it perfectly **suited to the new challenges** of today: the need for **purpose**, the leadership of **new generations** at work and the **need for speed**.

To each of your specific need, we have a solution!

- **Individual coaching:** individual tailor-made sessions to accompany you in reaching your objectives faster. By working together on how to unleash your potential, you will have all the cards in hand to durably transform yourself.
- **Collective coaching and consulting:** team tailor-made sessions to reveal the potential of the team, to support them to reach their objectives while finding their team *flow* and to access their better-self as a team (improve relationships, trust and cooperation).
- **Reprogramming (current 2020):** individual sessions to release your blockages, fears, anxieties in order to access your real potential.
- **The Flow Masterclass:** a series of workshops in groups to learn, exchange and practice simple tools to support you in your self-knowledge and development journey.



What is our coaching definition and how can we help you?



Coaching is ...

- “Unlocking people’s potential to maximize their own performance”
- “Supporting them to learn how to act differently”
- “Motivating, strategizing and guiding”

Coaching helps Teams to

- Shorten **ramp-up** time in case of a new team (build trust and dynamics)
- Manage **complex transformations**
- Improve their global **performance** (because of lack of collective process & structure, lack of skills & knowledge, lack of compelling purpose)
- Improve their team flow, **creativity, innovation and productivity**

Coaching helps Executives and Managers to

- Go from “**good to great**”
- Find their **flow set point**
- Shorten **ramp-up** time in a new role
- Manage **complex transformations**
- Develop **strategies**
- Develop **leadership** and **coaching ability**
- Go back on track after a derailing experience, **reinvigorate a career**
- Improve global **performance**

COACHING



Our mission

- Help you and/or your teams to get **out of the box** (limiting beliefs and patterns)
- **Explore** new possibilities
- Help you and teams to **align** their three brains: mental, emotional and physical
- **Push you and teams** to places **they have not been before**
- Support you and teams in building your/their **transformation** roadmap
- Support you and teams in defining and reaching new **goals**
- **Empower** you and teams to learn how to act differently
- **Guide** and support you and teams in your/their transformation process

Because coaching is **literally a life-changing experience**, you will be a different person / team at the end of your coaching journey!



Who am I and why trust me to accompany you in your transformation journey?

I am Maryjane Delaplace, founder of The Flow Academy™. Life enthusiastic & experimenter, happiness explorer, carpe diem believer, I am also a nature lover and a profound humanist.



So why trust me? Because...

- As a senior coach and change management expert in a multinational company for 18 years, I have learned and experienced how to support leaders, managers, project teams and employees to successfully drive their change initiatives.
- I am certified by a recognized coaching school (Mozaik International - Paris), as well as in positive psychology (University of Berkeley, California)
- I only practice what I have experimented and tested myself.
- I lived and worked in 8 countries, making life change part of my routine!
- My personal story made me believe that ANYONE is capable of making great things IF they believe in it.
- I love people and I am pretty much open and interested in getting to know you and investigate your profound self.

I realized that I was in my *flow* when I was coaching people and helping them get the better out of themselves. Finding my *flow*, I found my real purpose: To help people and organizations to achieve successful transformations, to change themselves and to reach their better selves, so that eventually, it changes the world for the better! Et voilà, The Flow Academy was born!

More information? Contact us!



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Why invest in coaching?

Because if you want to invest in something with minimum risk and a guaranteed big return, invest in yourself and your team! You and your people are your best assets and if you don't do it, no one else will!

