



# Flow Group

With Tenneson Woolf

Inner Leadership — Becoming & Belonging (B&B) Series

## What is *Flow Group*?

*Flow Group* is a small group (typically 5-6 participants), 90-minute online hosted experience of [The Flow Game](#). Each participant comes with an overarching intent or question to explore. The group reflects together on question prompts from the game. We harvest insight and intuition, clarity, and connection.

## Why *Flow Group*?

*Flow Group* is experiential learning. It's practice of wisdom. It's consciousness and flow in the company of others — which feels missing and needed in so many contexts. *Flow Group* offers the randomness of a game (rolling a die) with the precision of prompts that come from six decks of questions cards: North (leadership), East (vision), South (community), West (action), Heaven (what is above), Earth (what grounds). I offer *Flow Group* because I love it. I offer it because I know the clarity and life energy it can bring.

## Who Is *Flow Group* For?

Welcome managers, team leaders, organization executives. Welcome coaches, teachers, guides, administrators, artists, writers. Welcome not-for-profits, for-profits, for-public-service. *Flow Group* is for all seeking clarity through curiosity. On a project. And / or on a desired practice. And / or on a life issue. It is for people unfamiliar with Flow Game, yet drawn to meaningful questions. It is for experienced Flow Game participants wishing a well-held time out of time. It's for those already steeped in contemplative habit. It's for those beginning and wondering what the fuss is about. Try it once, an experiment. Come back several times; make it a monthly practice.

## Inspiration

*What we practice, we become.*

Toke Moeller, Flow Game Co-Creator

## *Flow Group* Format

Welcome. Some breath. Sometimes a poem or other inspiration. A short check-in, getting ourselves connected. Drawing Flow Game cards, reflecting together and harvesting insights. A short check-out, to witness what has occurred in *Flow Group*.

## What's Needed to Participate

You — in a protected 90 minutes of attention (no other meetings or tasks).

A private space — for confidential sharing and hearing from others.

A digital device to access shared Zoom room (video on).

A question or topic you wish to explore through *Flow Group*.

A notebook or sketchbook (physical or digital) — for your insights.



## Cost

All B&B offerings are free through May 2025. Experiment. Find what fits for you.

## About Me As A Flow Group Host

In 2009 I traveled to Columbus, Ohio for a Flow Game training. Dear friend and colleague Toke Moeller lead it. Dear friend and colleague Phil Cass convened it. Both are people that I appreciate for their well-honed hearts that live curiously. For three days we learned of the game. We participated in the game. We asked questions of each other about the game. We laughed. We got serious. We felt potency in the game and in the practice.

Since 2009, I've used Flow Game for many facilitations. I love the joy that it generates. I love the clarity that it cultivates. So often I see people that want and need to explore outside traditional lines of questions. Since 2009, I've also relied on Flow Game as regular personal guide. I write an important question on a post-it note and put in on my wall so that I can see it. I roll the Flow Game die. I select a card and follow its prompt. Sometimes for ten minutes. Sometimes for ten or more days. I note further insights on post-it notes. I collage those notes on the wall. It a simple practice, yet bring big insights and clarity of intuition and the feeling of life flowing.

## About Inner Leadership — Becoming and Belonging Series

At this phase of my life, I recognize the need to get to the core of things. Beneath facilitation that so often points to learning and accomplishment, lives in most of us a hunger for more fulfilling life and story. Lives hunger for becoming and belonging. Becoming more of who we are really meant to be. Belonging to life and to community and to shared passion. Most of my work these days grows from this core. Most of my heart lives in invitation to explore and practice together. Most of my hope lays in helping people everywhere get to the more solid inner path.

Inner Leadership -- B&B Series is available now through May 2025, free for you to experience personal practice and personal practice in community. Beginning June 2025, B&B will be available by subscription model.

## Participate in a Flow Group:

Europe Friendly, February 25, 2025 — 10:00 am - 11:30 am MT

Asia Pacific Friendly, February 26, 2025 — 5:00 pm - 6:30 pm MT

Europe Friendly, March 25, 2025 — 10:00 am - 11:30 am MT

Asia Pacific Friendly, March 26, 2025 — 5:00 pm - 6:30 pm MT

Europe Friendly, April 22, 2025 — 10:00 am - 11:30 am MT

Asia Pacific Friendly, April 23, 2025 — 5:00 pm - 6:30 pm MT

## Ready to Register:

<https://forms.gle/sa57sKhtepXsS9HY9>

