

**Ask Your
Question**

**Find Your
Answers**

**Share Your
Wisdom**

FLOW GAME

A space beyond the noise

YOUR INVITATION TO PLAY THE FLOW GAME

The Flow Game is a unique opportunity to breathe deeply, cultivate meaningful connections, give and receive wisdom on questions that are important to us, in a safe, supportive environment. A space to process and heal, away from the noise; where we can move through the process of acceptance which will allow us to reimagine ourselves in this new reality and move from surviving to thriving now and beyond. The Flow Game's purpose is to ground, strengthen and bring clarity and flow to you, your life, leadership and actions. The Flow Game is played with 3-6 players and a certified Flow Game host over 4 hours (with breaks). To play the Flow Game you need to have a question that matters to you. It might be something about work or life, home or community. Perhaps you want to think more deeply about your career or how you can make a contribution in the world. Maybe your question is about being in a better relationship with yourself, your family or colleagues. Or you want to ask about how you might exercise your leadership in a new and more potent way.

Come prepared to support and be supported and to meet the next most powerful version of yourself. The Flow Game is simple and easy to play, and that is also why it is so powerful. Treat yourself to an insightful and reflective exchange that taps into the collective wisdom. Explore the questions that you're sitting with, go with the flow, and walk out with clarity and inspiration!

YOUR PREPARATION

1. Come with the question you want to bring to the game – does it spark curiosity for you and make you tremble just a little?
2. Set yourself up in a comfortable (private) space that you can connect through zoom
3. Bring a dice, candle and lighter, journal & pen, talking piece, snacks and drink
4. Bring an open heart, open mind and open will

PAY-AS-YOU-FEEL CONTRIBUTION

I will be hosting the Flow Game on a "Pay-As-You-Feel" basis. This means that you can make a contribution of money or something else of value. Your contribution is based on what you feel the experience is worth and what you can afford, there are no expectations from me. I strongly believe that financial means should not exclude anyone from having access to the Flow Game experience.

I also host Team Flow Games for Organisational teams where people are longing to rise above the busyness of the day to day, to think together, align and gain perspective, clarity and inspiration, so they can take more purposeful actions back in their personal and professional lives. Where you see a need or want, invitations and introductions are a great way to contribute value.

PAYMENT via EFT or PAYPAL

(details upon confirmation of registration)

To register/call for a Flow Game please contact Cass Spong: +61432 501 666 or cass@entheos.com.au
Creating conscious connections

What others have said about their Flow Game experience

"Over the Easter weekend, I participated in an online Flow Game hosted by Cass. After a month in COVID-19 necessitated self-isolation, with the new frenetic pace and style of work, it was a very welcome relief to descend into a space where some deep connection and dialogue could actually happen. I have participated in an in person a Flow Game before, and I was pleasantly surprised to find that that online experience was no less powerful. For whatever was lost by not being physically together, there were other things gained in terms of the sense of focus and closeness.

Cass is a masterful facilitator in any setting, and this shone through in the online Flow Game, which provides just enough structure to keep things moving, but also allows the space for the conversations to go where they need to. As if by magic, the game presented the questions I needed to hear in the moment, while my fellow players and Cass helped me navigate the territory I needed to explore. I emerged feeling truly listened to, and with a sense of connection I had been craving after weeks of wall of to wall video conferences where those dynamics are often absent, at least in a group setting.

These times we are facing into require us to be in tune with ourselves as we seek to make sense of what is going on and how to respond. I am looking forward to my next Flow Game with Cass, and I would recommend it to anyone who is ready to slow down and to listen and to be heard."

Pete Cohen
Principle Consultant DIUS

"The remarkable thing about the Flow Game is you hear yourself come up with answers you didn't realise you had. The process gently guides you to greater self-knowledge and clarity. Central to this is having a compassionate and grounded host like Cass. She has a special talent for creating an environment where people feel comfortable and excited to explore ideas, and hosts our games with humour, sincerity and warmth."

Bri Williams
www.briwilliams.com.au

"I wasn't sure exactly what to expect with the Flow Game. It was friggin' awesome! Cass brings a wondering energy to the game, especially on-line. To be honest, I went in feeling pretty low and exhausted and kind of wishing I hadn't accepted the game.

Cass effortlessly brought the group together and beamed her energy through the computer lifting, our group before we even got into the game. Her spirit was palpable. The game was great. People went deep and fast, uncovering blockages and resistance and finding pathways to overcome them. Cass is masterful as the host, creating space for safe reflection, giving structure, support and managing time, and offering powerful suggestions to shepherd people toward awesome outcomes. If you're still considering whether to do it or not... Do it!

The Flow Game with Cass is a no-brainer."
Kylie Savage
www.kyliesavage.com

"I have participated in two flow games facilitated by Cass in the last six months. I find Cass to establish a disarming environment which allows the facilitation of deep personal transformation. The use of the FLOW game will be part of my development for a long time to come."

Adam Gibson
www.onemomentconsulting.com

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"In Cass' hands, the Flow Game creates a timeless space where magic happens, energy builds and insights appear with ease. A profound experience."

Josie Gibson
The Catalyst Network - We see around corners
www.thecatalystnetwork.co

"I have participated in several Flow games hosted by Cass, and each time I am amazed at her ability to hold a warm and inviting space, in which I can uncover new awareness and purpose. I've worked with Cass both in person and virtually, and her presence and skill is just as effective in both environments.

Cass makes development what it should be, fun, empathic and challenging enough for new learning each time, I always look forward to her FLOW games, love being in the space she creates, and am happy I invested the time and Energy."

Charity Becker
www.charitybecker.com

"We are living in times of massive disruption. Mixed messages, competing priorities, and anxieties about ourselves and the world around us all vie for our time and attention. The Flow Game provides an opportunity to break away from it all, breathing deeply, gaining perspective, and creating connection with others. The session was very well facilitated - a comfortable and safe environment. I found that the flow game provided an opportunity to pause, connect with others, gain perspective, and consider who we are and how we can contribute to this world. Indeed, despite the online environment, time passed quickly, deep, provocative questions were explored. Sparks of clarity emerged. Through the session, I felt closer connection with others, hope for the future, and greater clarity of how I can contribute to that future."

Dr Peggy Kern
Associate Professor - Centre for Positive Psychology | Melbourne Graduate School of Education
www.peggykern.org

"The big thing I got from Cass's Flow Game was a sense of human connection, something I dearly needed after a few weeks in social isolation. I was sceptical about another Zoom meeting, but Cass managed to create a space that felt just right for slowing down, sharing openly and getting down to the good stuff. I came away feeling warm, grateful for what others gave me in the session, and happy to have been able to be helpful to the others in the group. Looking forward to another Flow Game with Cass."

Michael (Miek) Dunbar - UX Designer
miek.com.au