



80:20 EQ and Group Flow

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Today's Gameplan

1. 80/20 EQ
2. A Primer on Group Flow

80/20 of Emotional Intelligence



1. Empathy
2. Active Listening
3. Imagination
4. Autopilot Awareness
5. Language Reprogramming

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Individual Flow vs. Group Flow



THE FLOW RESEARCH COLLECTIVE © 2020

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|----|--------------------|--|----------------------------|
| 1. | Interpersonal Flow | | Two people talking |
| 2. | Team Flow | | Emerges from team dynamics |
| 3. | Communitas | | Group flow at scale |

Group Triggers

Complete Concentration
Shared Goals
Shared Risk
Yes and...
Close Listening
Autonomy: a Sense of Control
Blending Egos
Familiarity
Equal Participation
Open Communication

Why Do We Prefer
Group Flow
Over Regular Flow?

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We Get More + Better Drugs!

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TH & LCL
DA, 5-TH, OT + END
DA + OT
LCL + OT/END (?)
Deactivates DMN + TH
DA/5-TH
Deactivates DMN
OT
Tunes C/S Balance for NE, DA
Maybe DA



Exercise

Group Flow Trigger Reflection

When you think back on group flow experiences you've had, which trigger has contributed the most?