

80:20 EQ and Group Flow



www.imarketing.courses Today's Gameplan

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



80/20 of Emotional Intelligence



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

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



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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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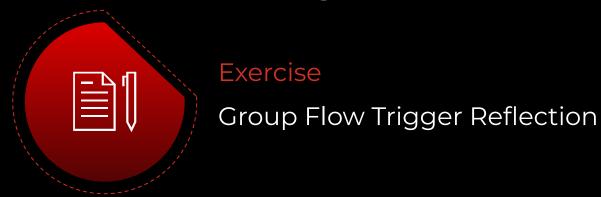
We Get More + Better Drugs!

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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

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

