

Finding Flow in Hybrid Work

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

42m

Estimated study time

42m 24s

Instructor

Matthew Dubin, PhD

Introduction

1 Why flow matters

Being able to fully focus and find your zone at work has become an increasingly elusive experience.

The Evolution of Flow

2 What is flow?

Being in a state of flow might also feel like when you're completely focused and in the zone.

3 Flow then and now

The pervasiveness of digital technology in daily life has influenced the role of most things in life, flow included.

4 Flow at work

While it is essential to understand flow on a general level, being able to successfully apply it to your work requires a slight mindset shift.

5 Individual vs. group flow

Flow can occur when working on your own or when you're collaborating with colleagues.

The New Hybrid World

6 Demystifying hybrid work

Hybrid is the latest buzz word to describe what work will look like for many companies in the future, but what does this actually mean?

- 7** **Optimal hybrid work**
The playbook on optimal hybrid work is still being written.

Creating Individual Flow in Hybrid Work

- 8** **Structuring your remote days**
Optimizing a day for flow starts with its overall structure, which can look differently when you're not going into the office.
- 9** **Structuring your office days**
Structuring your days at the office for peak flow will not look the same as your work-from-home days.
- 10** **Approaching your work**
Before sitting down to work, you need to be in the right frame of mind to achieve flow - even if your day is structured properly.
- 11** **Individual flow enablers and barriers**
Once your day is structured properly and your mindset is right, you're ready to enter a state of flow.

Creating Group Flow in Hybrid Work

- 12** **Group flow at home**
Collaborating on video or asynchronously presents challenges.
- 13** **Group flow at the office**
When you are in-person with your team, group flow will enable your team to be more than the sum of its parts.
- 14** **Flow in meetings**
One of the most challenging elements when working in a hybrid environment is keeping everyone engaged during meetings.

Conclusion

- 15** **A life of flow**
When you learn to apply flow to your work, hobbies, and relationships, you can truly live a life of connection, fulfillment, and happiness.

16 Flow is possible

Being able to fully focus and find your zone at work has become an increasingly elusive experience.

[Go to GoSkills.com](https://www.goskills.com)