

# Finding Flow in Hybrid Work

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

16

**Pre-requisites**

No prior experience needed

**Video duration**

42m

**Estimated study time**

42m 24s

**Instructor**

Matthew Dubin, PhD

## Introduction

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### 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

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### 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

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### 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

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## 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.

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## Structuring your office days

Structuring your days at the office for peak flow will not look the same as your work-from-home days.

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## 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.

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## 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

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## Group flow at home

Collaborating on video or asynchronously presents challenges.

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## 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.

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## Flow in meetings

One of the most challenging elements when working in a hybrid environment is keeping everyone engaged during meetings.

# Conclusion

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## 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.

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## Flow is possible

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

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