



Adam Fraser

// The Art of FLOW

"Adam's speech was high energy, entertaining and thought provoking. My managers and team leaders now have a clear understanding of how they can better prepare and motivate themselves, and their teams, during times of high pressure."

Thomson Legal & Regulatory Ltd

Biography

Let's face it, life is getting faster and faster and shows no signs of slowing down. Business is more competitive now than any other time in history! The result of this is a workforce that is having serious issues around sustaining their performance. The fall out is that people are losing the ability to focus, be creative and develop clear strategies. Dr Adam Fraser is one of Australia's leading educators, researchers and thought leaders in the area of human performance. Combining years of work with elite level athletes, the armed forces and business professionals of all levels Dr Adam Fraser has perfected The Art of Flow. This philosophy is a real time solution to stress and burn out that doesn't involve having to take time out or adding another task to your already full to do list! At the heart of flow we find the key to getting more done for a longer period of time, whilst reducing stress levels, preventing burnout and keeping our teams engaged.

Programs

The Art of Flow – The Key to High Performance

FLOW is a state of high performance where an individual is completely engaged, deeply focused, stress free and has clear strategy. This session steps people through a series of clear strategies around attention management and how to obtain more FLOW in your working day.

Rehab Your Habits

Many people adopt destructive habits that lead to poor performance, high stress levels, reduced productivity and conflict within the work place. This presentation walks people through a process of rehabilitating their detrimental habits.

The Third Space

In this fascinating and entertaining presentation Adam Fraser demonstrates how every moment of every day we have to deal with constant role transitions. How well we handle these transitions becomes the key to our success.

Past Clients

Rohlig, Law Link, AON, Reserve Bank of Australia, Merck Sharpe and Dohme, Volkswagon, Deloitte, Suncorp, Colonial Financial, AMP, BT Financial Group



VIDEO



WEBSITE



BLOG