



Learning Philosophy

Trainers at The Flow Centre follow a Learn, Grow, Flow philosophy to training. Meaning integral to educational progression is a growth mindset in which psychological orientation to achievement is enactive learning oriented as opposed to egoic. We provide a safe and trusting environment in which all opinions are respected.

Reasons for Being a Coach Education Provider

Having been trained in both psychology and counselling. The Flow Centre founders felt that the application of 'Positive Psychology' was not best represented in these disciplines. Coaching practices offer practitioners a more forward-thinking approach to personal development and engage ideas and tools that are based in an individuals' own autonomy and responsibility, and work to bring out the best in people. Stemmed in a humanistic approach, coaching empowers the client to be their best and offers coaches a professional framework in which to help transform individuals beyond change.

Stress Less, Be More