

Flow Game Testimonials

"The remarkable thing about the Flow Game is you hear yourself come up with answers you didn't realise you had. The process gently guides you to greater self-knowledge and clarity. Central to this is having a compassionate and grounded host like Cass. She has a special talent for creating an environment where people feel comfortable and excited to explore ideas, and hosts our games with humour, sincerity and warmth."

Bri Williams

Behavioural Specialist

Author of [The How of Habits](#) and [Behavioural Economics for Business](#)

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I wasn't sure exactly what to expect with the Flow Game.

It was friggin' awesome!

Cass brings a wondering energy to the game, especially on-line. To be honest, I went in feeling pretty low and exhausted and kind of wishing I hadn't accepted the game.

Cass effortlessly brought the group together and beamed her energy through the computer lifting, our group before we even got into the game. Her spirit was palpable.

The game was great. People went deep and fast, uncovering blockages and resistance and finding pathways to overcome them.

Cass is masterful as the host, creating space for safe reflection, giving structure, support and managing time, and offering powerful suggestions to shepherd people toward awesome outcomes.

If you're still considering whether to do it or not... Do it!

The Flow Game with Cass is a no-brainer.

Kylie Savage

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"I have participated in two flow games facilitated by Cass in the last six months. I find Cass to establish a disarming environment which allows the facilitation of deep personal transformation. The use of the FLOW game will be part of my development for a long time to come."

Adam Gibson

Director, MHROD, ACC

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The Flow Game experience with Cass provided the perfect opportunity to be in mutual learning with your self and others. We were greeted with such a heartfelt warmth that really invited you to lean into your vulnerability and know that you are in a safe space to share and learn openly. The cumulative insights that were generated throughout the experience were plentiful and truly

amazing, and it was so refreshing to gain the wisdom and perspectives of others. The Flow Game helped to give time for personal and mutual reflection, and promise you the game is intuitive - it is as-if the game really knows you! The best gift you can give yourself or others is to engage with Cass and the Flow Game, the wisdom she brings is bountiful and you are sure to leave the experience feeling a renewed sense of direction, vitality and awe.

Jessica Taylor | Research Assistant for Systems Informed Positive Psychology (SIPP)

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I enjoyed the Flow Game as a way to take time to reflect on what was on my mind. Cass gracefully hosted the session and the others involved had thoughtful perspectives which added up to a valuable session.

Fiona Ingram

Advisor | Speaker | Futures Researcher

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"I have had the pleasure of playing the Flow Game twice now. Once in person, and once online. Each experience has been nourishing, illuminating, and serendipitous. The game has a way of bringing out exactly what is needed. I encourage you to try it, especially when you have a host as gracious as Cass Spong."

Anukesh Sharma (Kesh)

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Participating in The flow game provided a fun and unique way to question, reflect and gain helpful insights towards my future life choices and work offerings. Cass's skillful guidance helped create a feeling of acceptance and fostered a spirit of openness with all participants. I was able to gain insights into my questions from the other participants and great value from the group process. I would highly recommend giving a game a go if the opportunity comes your way but beware you may want to play more than once.

Anne Taylor

Cass hosted our online flow game with professionalism, gentleness, and authenticity. Having only played face to face once before, I wondered about the group being able to maintain

intimacy, and I was pleasantly surprised. I felt 'held' in the space and I found a deeper level of clarity around the question that I put forward.

Holly Desmond

1/5/2020

I have participated in several Flow games hosted by Cass, and each time I am amazed at her ability to hold a warm and inviting space, in which I can uncover new awareness and purpose. I've worked with Cass both in person and virtually, and her presence and skill is just as effective in both environments.

Cass makes development what it should be, fun, empathic and challenging enough for new learning each time, I always look forward to her FLOW games, love being in the space she creates, and am happy I invested the time and Energy.

Charity Becker

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I have participated in a number of Flow Games with Cass as the Host. Cass has a unique skill in creating a powerful and supportive space for all participants. Her hosting enables the game to elegantly do its work... nurturing and nudging insights that have depth and texture. I have benefitted enormously from the game and the wonderful field of learning Cass fosters.

Hamish Riddell | Managing Director

MET (Master Education & Training), Dip.FLM, IAC, AFAIM

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'In Cass' hands, the Flow Game creates a timeless space where magic happens, energy builds and insights appear with ease. A profound experience.'

Josie Gibson

The Catalyst Network - We see around corners

www.thecatalystnetwork.co

"I found the flow game insightful through being able to access the intuitive wisdom of the group in response to our questions.

Cass held the space for clarity to emerge, hosting the event with respect and grace, for our own inner knowledge to surface."

Mon Andrews

"I had the privilege to join several flow game hosted by Cass which were really a unique experience: her impressive background, insightfulness and generosity are key elements to make every flow game a deep, meaningful and rich reflection on the topic that matters to you. Couldn't recommend trying a flow game more warmly, whether you're at a crossroad, a new start or simply need space and clarity"

Eglantine Etiemble

Executive General Manager IT and Digital at DuluxGroup, CIO, CDIO

"Cass is an incredible facilitator. I have been fortunate enough to join several of her Flow Game sessions been amazed with her ability to connect with and engage everyone in the group, and encourage us to connect with each other too. She also keeps us on track with the purpose of the game and our individual questions and helps us tie together a multitude of themes and complexities that speak to each of us. She has a sensitive and purposeful style and a sense of fun that seems to radiate through the whole group. Playing the Flow Game with Cass always leaves me feeling lighter, with a strong sense of wisdom and clarity. I am so grateful for this experience!"

Emily Wilkinson

"Over the Easter weekend, I participated in an online Flow Game hosted by Cass. After a month in COVID-19 necessitated self isolation, with the new frenetic pace and style of work, it was a very welcome relief to descend into a space where some deep connection and dialogue could actually happen. I have participated in an in person a Flow Game before, and I was pleasantly surprised to find that that online experience was no less powerful. For whatever was lost by no being physically together, there were other things gained in terms of the sense of focus and closeness. Cass is a masterful facilitator in any setting, and this shone through in the online Flow Game, which provides just enough structure to keep things moving, but also allows the space for the conversations to go where they need to. As if by magic, the game presented the questions I needed to hear in the moment, while my fellow players and Cass helped me navigate the territory I needed to explore. I emerged feeling truly listened to, and with a sense of connection I had been craving after weeks of wall of to wall video conferences where those dynamics are often absent, at least in a group setting. These times we are facing into require us to be in tune with ourselves as we seek to make sense of what is going on and how to respond. I am looking forward to my next Flow Game with Cass, and I would recommend it to anyone who is ready to slow down and to listen and to be heard."

Pete Cohen

"Thank you for hosting the flow game. I feel a great sense of peace and connection coming out of that. It was expertly facilitated and I felt very safe but not moddicoddled in that experience. I look forward to another one!"

Miek Dunbar (not a testimonial but email)

"The big thing I got from Cass's Flow Game was a sense of human connection, something I dearly needed after a few weeks in social isolation. I was skeptical about another Zoom meeting, but Cass managed to create a space that felt just right for slowing down, sharing openly and getting down to

the good stuff. I came away feeling warm, grateful for what others gave me in the session, and happy to have been able to be helpful to the others in the group. Looking forward to another Flow Game with Cass."

Michael (Miek) Dunbar

UX Designer

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"I didn't have any expectations of Cass and her Flow Game when we set up a time. I just thought her blurb sounded interesting and it sounded like an interesting way to get some personal focus in a short time.

Then we went in to Covid-19 lockdown and my expectations bottomed out as I wondered what on earth we could get from it without being together.

How wrong I was - the experience delivered WAY above my expectations.

The other players that came together were the perfect co-players for me.

And within the structure of the game some wonderful wisdoms were revealed for all of us.

Cass was a wonderful host who created a strong feeling of a safe space, even though we were spread (literally) across Australia, and contributed wonderful insights.

I would recommend this experience to any person or team at any time they are looking for clarity and direction."

Medine Simmons

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"We are living in times of massive disruption. Mixed messages, competing priorities, and anxieties about ourselves and the world around us all vie for our time and attention. The Flow Game provides an opportunity to break away from it all, breathing deeply, gaining perspective, and creating connection with others. The session was very well facilitated - a comfortable and safe environment. I found that the flow game provided an opportunity to pause, connect with others, gain perspective, and consider who we are and how we can contribute to this world. Indeed, despite the online environment, time passed quickly, deep, provocative questions were explored. Sparks of clarity emerged. Through the session, I felt closer connection with other, hope for the future, and greater clarity of how I can contribute to that future."

Peggy Kern | Associate Professor

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