

Ask Your  
Question

Find Your  
Answers

Share Your  
Wisdom

# FLOW GAME

## A space beyond the noise

### YOUR INVITATION TO PLAY THE FLOW GAME

The Flow Game is a unique opportunity to breathe deeply, cultivate meaningful connections, give and receive wisdom on questions that are important to us, in a safe, supportive environment. A space to process and heal, away from the noise; where we can move through the process of acceptance which will allow us to reimagine ourselves in this new reality and move from surviving to thriving now and beyond. The Flow Game's purpose is to ground, strengthen and bring clarity and flow to you, your life, leadership and actions. The Flow Game is played with 3-6 players and a certified Flow Game host over 4 hours (with breaks). To play the Flow Game you need to have a question that matters to you. It might be something about work or life, home or community. Perhaps you want to think more deeply about your career or how you can make a contribution in the world. Maybe your question is about being in a better relationship with yourself, your family or colleagues. Or you want to ask about how you might exercise your leadership in a new and more potent way.

Come prepared to support and be supported and to meet the next most powerful version of yourself. The Flow Game is simple and easy to play, and that is also why it is so powerful. Treat yourself to an insightful and reflective exchange that taps into the collective wisdom. Explore the questions that you're sitting with, go with the flow, and walk out with clarity and inspiration!

### YOUR PREPARATION

1. Come with the question you want to bring to the game – does it spark curiosity for you and make you tremble just a little?
2. Set yourself up in a comfortable (private) space that you can connect through zoom
3. Bring a dice, candle and lighter, journal & pen, talking piece, snacks and drink
4. Bring an open heart, open mind and open will

### PAY-AS-YOU-FEEL CONTRIBUTION

I will be hosting the Flow Game on a "Pay-As-You-Feel" basis. This means that you can make a contribution of money or something else of value. Your contribution is based on what you feel the experience is worth and what you can afford, there are no expectations from me. I strongly believe that financial means should not exclude anyone from having access to the Flow Game experience.

I also host Team Flow Games for Organisational teams where people are longing to rise above the busyness of the day to day, to think together, align and gain perspective, clarity and inspiration, so they can take more purposeful actions back in their personal and professional lives. Where you see a need or want, invitations and introductions are a great way to contribute value.

Account Name: Ms Cass Spong BSB: 083 184 Account Number: 86-052-8876 or  
[paypal.me/CassSpong](https://www.paypal.me/CassSpong)

To register/call for a Flow Game please contact Cass Spong: +61432 501 666 or [cass@entheos.com.au](mailto:cass@entheos.com.au)

**Creating conscious connections**

# What others have said about their Flow Game experience

*"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**

[www.briwilliams.com.au](http://www.briwilliams.com.au)

*"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**

[www.kyliesavage.com](http://www.kyliesavage.com)

*"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**

[www.onemomentconsulting.com](http://www.onemomentconsulting.com)

*"The Flow Game experience with Cass provided the perfect opportunity to be in mutual learning with yourself 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**

[unimelb.edu.au](http://unimelb.edu.au)

*"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**

*"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](http://www.thecatalystnetwork.co)

*"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**

[www.charitybecker.com](http://www.charitybecker.com)

*"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."*

**Dr Peggy Kern**

Associate Professor - Centre for Positive Psychology | Melbourne Graduate School of Education

[www.peggykern.org](http://www.peggykern.org)

*"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**

[miek.com.au](http://miek.com.au)