

Flow-based Leadership

What the Best Firefighters can Teach You about Leadership and Making Hard Decisions

Have you ever arrived on the scene of a house fire to find a frantic woman in the driveway? As a firefighter, you know instinctively what this means: there is a child inside. You immediately enter "the zone," because you *know* what to do. This is based on your training and experience. The feeling of being "in the zone," is referred to in the field of positive psychology as "the flow."

Multiple studies have shown that, if people have the proper training and experience, they will make better decisions in emerging situations while in a flow-state. How can your organization help your people experience flow more often, thereby improving their decision-making?

This book describes what flow is and what flow-based decision making and flow-based leadership look like. It also details a flow-based leadership model for implementation, based on an extreme, experiential training program in the fire service called Georgia Smoke Diver (GSD).

Author: **Judy L. Glick-Smith, Ph.D.**

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Whether you're in the fire service or not, this book provides incredible and truly unique insights into leadership, decision making, and creating exceptionally effective organizational cultures. A must read for anyone who is in a position where his or her decisions impact the work and the lives of others. Judith's writing ignites the imagination with stories that are inspiring, engaging, and deeply moving. You will walk away with a new appreciation for the importance of being "in the flow" and a simple but powerful framework for creating a meaningful and purpose-driven life.

Thomas Koulopoulos
Chairman Delphi Group, Author The Gen Z Effect

Dr. Judy (as she is fondly known in the fire service) has presented us with a uniquely insightful look at firefighter decision making, going beyond the traditional analytical and weaving the naturalistic with the possible. This is a roadmap for upcoming leaders in any organization in which decisions must be made in chaotic, uncertain and rapidly evolving situations.

David M. Wall, Division Director
Georgia Fire Academy

Throughout my career, I have had the privilege and honor of training with hundreds of high risk professionals. This book gets to the heart of why and more importantly how these individuals can perform at such a high level every day, with on and off the job stresses that are off the charts!

Ed Naggiar, PhD
U.S. Navy SEAL Officer

