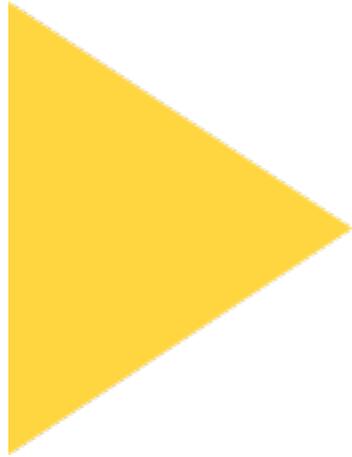


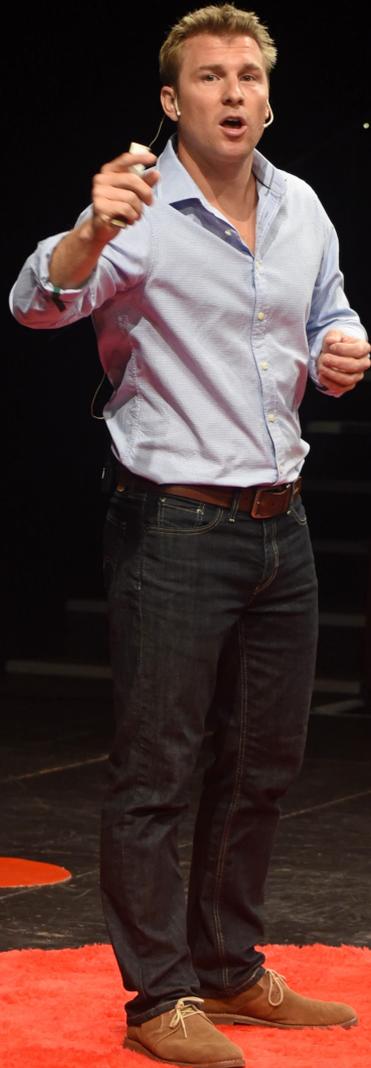
# Keynote Speaker



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**CAMERON  
NORSWORTHY**

## Neuro-Performance Scientist



IN-PERSON



VIRTUAL



WORKSHOPS

Known as the Flow Coach, Dr Cameron Norsworthy's work in HUMAN performance has helped to decode the neuropsychophysiology of optimal functioning to improve health, well-being, and performance.

**INSPIRING**

**INTERESTING**

**IMPACTFUL**

His pracademic approach conveys inspiring and captivating messages, couched in theory and research.

# HOW TO FIND FLOW



# Bio

ATHLETE

SCIENTIST

COACH

Keynote speaker, scientist, founder of the Flow Centre, and performance advisor.

My journey started as a British tennis player, participating in over 3 World Championships. After injury, I founded and, several years later, sold on the UK's largest adventure tour operators to then focus on my passion, HUMAN performance and flow.

Academically, I was awarded the Outstanding Academic Achievement Prize for reports surrounding flow and performance; my work has advanced flow theory and generated the Psychological Flow Scale (PFS).

Practically, I have coached numerous World Champions, leaders, entrepreneurs, and active professionals. My organisation, the Flow Centre sets the industry training standards for Flow Coaching

I continue to speak at scientific conferences, chair scientific labs on flow and optimal functioning, run the biennial Flow Conference, and compete on the senior World Tennis Tour and World Championships.

**CAMERON  
NORSWORTHY**



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# Talks

**How to find flow**

**How to foster flow**

**The neuroscience behind optimal performance**

**Why we are engineered to fail**

**The three Evolutionary Errors**

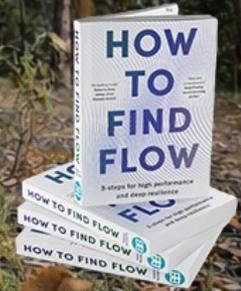
**The Flow Mindset**

**What it really takes to become World Champion**

**Resilience Vs grit**

**More**

# HOW TO FIND FLOW

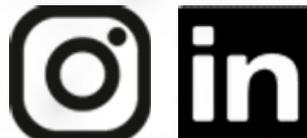


# CAMERON NORSWORTHY

**Head Shot**

**Photos**

**Bio**



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