



PSIC

Spring Festival Whistler Blackcomb

Synopsis for Skiing in Flow: An art? A technique?

Skiing in flow is when the mind and the body are one. It is where action and awareness merge. Your attention is completely focused on the task at hand, and you are totally present. Your attentional energy is directed where it needs to be to allow you to fully use your available skills to create your best skiing performances. Performance is effortless and the experience is enjoyable and leaves you feeling energised.

In this presentation I will unpack the 'experience of flow' and how it manifests in alpine skiing. I will look at the building blocks that help to make experiencing flow state more likely. And I will look at the relationship between flow and artistry in sport and skiing and the importance of 'technique'.



Presenter: Derek Tate

Derek is a professional ski instructor with 40 years of teaching experience. He holds a master's degree in Applied Positive Psychology (MAPP) with his dissertation focusing on flow and mindfulness in alpine skiing. He is the author of the books *Learn, Enjoy, Flow & Grow* and *Six Steps for Training the Mind*.