

The Flow System Foundations Course

(FS-1)

Syllabus

Description of Course

The Flow System Foundations Course (FS-1) provides a brief overview of The Flow System (TFS) including the components that make up TFS, the background in the development of TFS, and a definition of TFS. This course will highlight the core principles of TFS and will briefly introduce participants to the concepts that make up The Triple Helix of Flow along with a brief introduction to various tools and techniques available to participants for each of the three helixes.

Duration of Training

The Flow System Foundations (FS-1) course requires 16 hours of training and can be taken as a two-day in-person training session, an online live virtual class, or as an asynchronous self-paced online training using The Flow System's learning management system (LMS). This course can be taught publicly or privately to any organization.

Participants must complete the training before receiving a code allowing them to take the Flow System Foundations (FS-1) assessment for accreditation. The fee for the assessment is included in the course fee for training attendees.

Participants who attend the training will have two attempts at the Flow System Foundations (FS-1) assessment. Participants who wish to forgo the training and jump straight to the assessment may do so but must first buy a code and will only have one attempt as opposed to two for people taking the training. You can buy a code below by clicking 'Take Assessment.'

Objectives of Course

This course is an introductory course and is the foundation for all of the training materials to The Flow System. After successfully completing this course participants should be able to:

- Describe the purpose of The Flow System.
- Provide a description/ definition for The Flow System.
- Identify the core principles of The Flow System.

- Describe the concept of Customer 1st and identify who the customer is.
- Describe the concept of Flow.
- Identify and describe the Triple Helix of Flow.
- Describe the concept of Complexity Thinking.
- Differentiate between the different domains of knowledge (clear, complicated, complex, chaos).
- Describe the concepts of Shared Leadership and Distributed Leadership.
- Describe the concept of Team Science.
- Explain the different components of successful teams (team effectiveness).
- Identify the different methods, techniques, and tools for each of the helixes in the Triple Helix of Flow.

Outline of Course

- Introduction
- Why Flow?
- What is The Flow System?
- Core Principles of The Flow System
- The Triple Helix of Flow
- Customer 1st
- TPS & Toyota Way
- Complexity Thinking
 - What is Complexity
 - The Cynefin Framework
 - Complex Adaptive Systems
 - Sensemaking
 - Weak Signal Detection
 - Network Analysis
 - Story-telling and Narratives
 - Constraint Management
 - Prototypes
 - The OODA Loop
 - Scrum the Toyota Way
- Distributed Leadership
 - Psychological Safety
 - Active Listening
 - Leader's Intent
 - Shared Mental Models
 - Wardley Maps
 - Decision Making
 - Bias Towards Action
 - Collaboration

- Coaching
- Complex Facilitation
- Optimizing the System
- Organizational Design
- Team Science
 - Teamwork Training
 - Human-Centered Design
 - Team Design
 - Goal Identification
 - Situational Awareness
 - Developing Cognition
 - Influencing Conditions
 - Team Learning
 - Team Effectiveness
 - Red Teaming
 - Multiteam Systems (MTS)

The Flow System Advanced Accreditation

Participants completing the Foundations (FS-1) training (in-person) or the Foundations (FS-1) course (online), or those who wish to only take the Foundations accreditation exam without participating in training or an online course, can take the exam at any time. Participants who complete training (face-to-face or online) will have two attempts at the exam. Participants who wish to forgo any training may do so and pay to take the exam. Participants who skip any training will have one chance to pass the exam. Upon passing the Foundations Exam, participants will receive a Certification of Completion for The Flow System Foundations Course. Once a Certification of Completion for The Flow System Foundations Course has been obtained, participants can continue to any of the Advanced Courses (see Figure 1). The Flow System Training Map can be found in Figure 1 provided below.

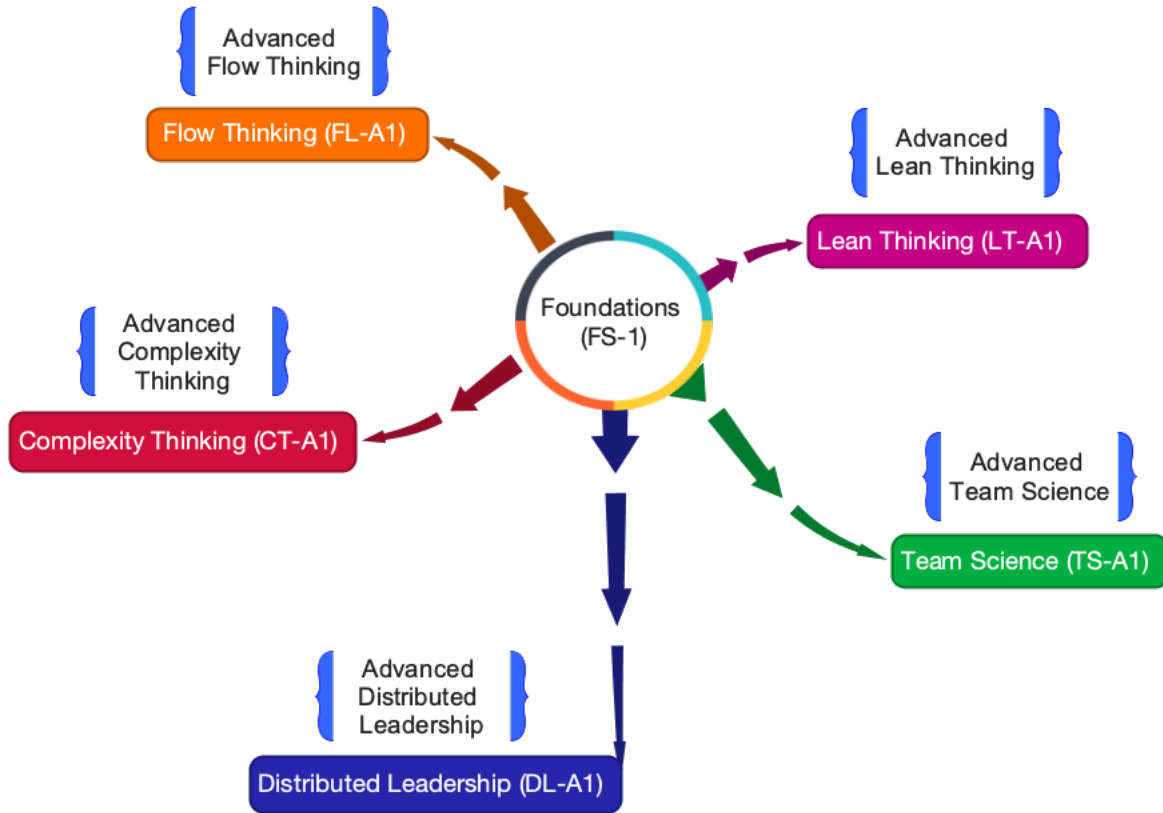


Figure 1: The Flow System Foundations and Advanced Courses

Trainers

The Flow System Foundations Course (in-person) will be administered by the co-creators of The Flow System and/or by certified TFS trainers. The online courses will only be administrated and monitored by the co-creators of The Flow System. All trainers are considered experts in their field of practice/study and have a command of the materials that are presented in The Flow System Foundations Course.

Recommended Readings

The Flow System Reading Materials include 1) *The Flow System: The Evolution of Agile and Lean Thinking in an Age of Complexity*; 2) *The Flow System Guide*; and 3) *The Flow System: Key Principles and Attributes*.

1. *The Flow System: The Evolution of Agile and Lean Thinking in an Age of Complexity*

Available from Amazon.

Hardback:

<https://amzn.com/1680400584/>

Kindle:

<https://amzn.com/B08NXPGMSC/>

2. *The Flow System Guide*

Available online (free)

<https://flowguides.org/index.php>

Amazon book (print-to-order)

<https://amzn.com/B085KN39FP>

Amazon Kindle Format

<https://amzn.com/B085PQFXFN/>

3. *The Flow System: Key Principles and Attributes*

Amazon book (print-to-order)

<https://amzn.com/B085DQB92N/>

Amazon Kindle Format

<https://amzn.com/B085DHFNMT/>