



4th European Flow-Researchers' Network Meeting

**Friday, 27th November – Saturday, 28th November
2015**

University of Minho
Campus de Gualtar
4710-057, Braga
Portugal



Universidade do Minho
Escola de Psicologia



Meeting Outcomes' REPORT

Organiser of the FlowNetwork 2015 (Lucia Ceja - Spain)
Chair of the Meeting 2015 (Teresa Freire - Portugal)
Secretary of the Meeting 2015 (Dionisia Tavares - Portugal)

Members that attended the meeting: Carla Fonte (new member), Corinna Peifer, Dionisia Tavares (new member), Eleonora Riva, Jasmine Tan (new member), Jean Heutte, Lucia Ceja, Luis Granja (new member), Marco Boffi, Ruth Naylor (new member) and Teresa Freire (alphabetic order)

Notes:

- This report expresses what has been done during the Meeting. The proposed activities for the next year will be announced to all members of the EFRN.
- The report is structured following each part of the program. For each one of these parts, a brief description of the activities and related outcomes are presented.

27th November (Friday)

16h00-16h30

Welcome with coffee

To meet all members: old friends and new network members

16h30-17h45:

Update since Angers Meeting

- Formal individual presentation of all members
- Presentation about the EFRN since Angers (2014) - Lucia
- Presentation about Braga meeting (2015) - Teresa
- General information:
 - Next European Conference – ENPP Angers 2016
 - EFRN Springer Book on Flow
 - Leverhulme Trust Application

Synthesis: After the welcoming session, individual formal presentations of the members occurred. Lucia (coordinator/organizer of the flow network) presented the main milestones of the EFRN along 2015: the divulgation EFRN activities on social media platforms (website, facebook, twitter); the application for a grant from the Leverhulme Trust; the conversations with the Lego Foundation for application for a future grant; the book of EFRN about flow; and the meeting of twelve flow network members in the IPPA 2015, with the presence of M. Csikszentmihalyi. Teresa presented the main and specific goals of the program of the 4th EFRN meeting.

Other members joined the group by Skype – Laszlo Harmat, Jon Wright, and Marta Bassi. Laszlo confirmed that the EFRN Springer Book on Flow had been submitted to Springer some weeks before, containing 22 chapters and being published in the further six months. He informed that Csikszentmihalyi gave positive feedback about the book and wants to use it as a support material.

John informed that the submission of the full application for the Leverhulme Trust will be done in July 2016 and fully applied in September 2016. He expects to get the grant in December 2016.

17h45 – Closing and go from the University to the city centre for city tour

18h30

City tour

19h30

Meeting point in the city centre (to be announced where it is – also for people that will arrive later and go to dinner)

19h45

Dinner in city centre Restaurant for all participants in the meeting (this will be previously reserved. To be announced)

Synthesis: All members went on a night city tour around the historic centre of Braga to see some of the “main” touristic locals. The tour finished with a joyful dinner where all members savoured the rich cuisine of this region.

28th November (Saturday)

9h00-9h15

Opening and presentation of program activities

9h15-11h00

Presentations of recent scientific work (2014 or 2015) by network members.

What to present: What to present: Characteristics of the work/project, main results and contributions to the flow research/application. Duration of each presentation: 15 min (for a total of 5 presentations). After all presentations, there will be a final discussion - large group (30 minutes).

Note: Members can apply for doing a presentation – please follow instructions (attach1).

Synthesis: Three members previously applied for their presentations in the meeting: Ruth Naylor; Jean Heutte; Corinna Peifer.

Ruth Naylor presented the main results of her work about how relaxation and autogenic training work together and separately in an anxiolytic process with anxiety and non-anxiety adults. She discussed the similarities and differences between relaxation and flow states.

Jean Heutte presented recent data on his work and proposed a conceptual evolution of the flow in education (EduFlow) model, with the replacement of two items in the EduFlow scale.

Corinna Peifer presented the results of a study about cortisol effects on flow-experience with a double-blind, randomized, placebo-controlled and repeated-measures design. Results revealed an overall negative effect of high cortisol on flow-experience, excluding possible effects of a psychological or physiological stress reaction.

All three presentations were actively discussed within the large group.

11h-11h30

Coffee-Break

11h30 – 13h00

Team Work Groups - Five work groups on different aspects/topics relevant for the network/dissemination of flow research. Topics will be developed by the members and distributed in groups through a dynamic work group:

- Group dynamic to organize topics and groups (30 min)
- Work by groups/topics (1h)

Synthesis: Lucia organized a dynamic work in the large group to get the most relevant topics for the network and flow research. Two groups were created to work on the following topics:

Group 1 - Psycho-bio-cultural-social variables and flow/Applied research;

Group 2 - EFRN statutes.

Each group worked these topics during the morning to present them after lunch.

13h00-14h00

Lunch time (in the University)

14h00-16h00

Group presentations about previous Team Work Groups:

- Each group prepares an oral presentation to the large group (15min)
- Presentation by each group (15 min each; if five groups, a total of 1h15)
- General discussion of all presentations (20 min)
- Synthesis of main ideas (10min)

Synthesis: Groups presented the results of their work:

Group 1 (Carla Fonte, Corinna Peifer, Dionisia Tavares, Jasmine Tan, Jean Heutte, Teresa Freire) proposed to carry out a systematic review about the relationship of flow experience with psycho-bio-cultural-social variables. Corinna Peifer was designated the coordinator of this project.

Group 2 (Eleonora Riva, Lucia Ceja, Luís Granja, Marco Boffi, Ruth Naylor) worked on the foundation of the EFRN statutes. They advanced general ideas for defining the legal structure of the EFRN. In the next EFRN meeting, a written proposal will be presented about this project to all members to be discussed and approved. Eleonora Riva was designated the coordinator of this project.

16h00-16h30

Coffee-Break

16h30-17h45

To prepare future guidelines for the Network (from now to the next meeting) – all members together (large group):

- Main research lines and projects and who will be in charge for its development (a person or a group of persons – following previous work groups /topics)
- Flow Network organization:
- General aspects
- Next Organizer of the Flow Network
- EFRN meetings:
- Characteristics and aims of the meetings

- Next location for the 5th meeting

17h45-18h00

Closing session.

Synthesis: Besides the current projects of the EFRNetwork, two other projects will be added during the following year: one about the legal structure of EFRN and the other concerning the publication of a systematic review in flow domain.

Regarding the 8th European Conference on Positive Psychology (Angers 2016), Jean Heutte announced that an invited symposium designated “Flow research: conceptual advancement and applications” (Chaired by Jean Heutte and Marta Bassi) would be proposed, with the participation of the following EFRN members: Marta Bassi and Lucia Ceja; Corinna Peifer; Moneta and collaborator; Jean Heutte, with Antonella Delle Fave being the discussant.

Concerning EFRN organizational issues, the following decisions were made:

- Lucia was approved to continue as the Coordinator/Organizer of the EFRN throughout the next year.
- The integration of the EFRN in LinkedIn, being Luís Granja the responsible for this activity.
- Corinna informed the group that ResearchGate deleted the website of EFRN because groups of researchers do not have a format within Research Gate.
- Next location for the 5th EFRN meeting: Milano, Italy, in the last weekend of November (25th and 26th), with Eleonora Riva being the chair organizer of this next meeting.

Best regards,

Teresa Freire & Dionísia Tavares