



Flow Group

Founded in Dublin in 1997 Flow Group has been helping organisations to improve effectiveness for over two decades. During this time, our team of facilitators have worked nationally and internationally, with over 30,000 people in over 300 organisations across 39 industries. We provide change solutions, learning and development opportunities to individuals, teams, and leaders within organisations with the specific purpose of helping them perform at a higher standard. Over the two decades we have worked in many industries including Higher Level Education, governing bodies, charities, construction, and finance.

The Flow Group team operates around three core values – **Partnership, Authenticity and Difference**. We live these values day-to-day in Flow – both in the way we deal with each other and the way we engage with our clients.

Programme Facilitators



Kate Motherway, MSc – Programme Manager & Senior Facilitator

Over the past 15 years as a Senior Consultant for Flow Group Kate has gained significant experience as consultant, coach, trainer, and facilitator, working with thousands of individuals, across many industries. Kate works in partnership with her clients to diagnose, design and deliver engaging, experiential sessions to help individuals and teams to realise their potential.

Kate is also an experienced project manager, who has managed and delivered large scale people and organisational development initiatives in both the public and private sectors to drive business results.

Kate and Flow Group's relationship with UCD began in 2017. Kate worked in partnership with the project team, the University President, and the University Management Team to conduct diagnostic activity and was instrumental in the design of two University wide initiatives: the People Management Programme and P4G. Kate has also facilitated, and project managed the rollout of both of these initiatives. Kate is bringing her years of experience with UCD as well as her wider experience from other industries to her role as programme manager for the UCD Leadership Development programme, starting in 2022.

Kate is a Cork native, living in North County Dublin, who finds her Flow in the overlap between facilitating and parenting – where the best learnings in business and life apply equally.



Órla Scott – Senior Facilitator

Órla Scott specialises in organisational development, learning and transformational change for teams, leaders, and individuals. Having worked at senior level across financial services and not for profit organisations, Órla understands the importance of designing and encouraging a strong culture which unlocks enduring solutions and contributes to employee's higher engagement.

Her special areas of interest are Team Dynamics, Resilience and Conversational Intelligence. Orla is an experienced Coach with over 15 years' experience in this field and a Coach Supervisor since 2013.

Orla finds Flow by practicing and encouraging clients to build a reflective practice to harness insights and awareness thereby supporting clearer decision making, she also enjoys being in nature at her allotment.



John Slattery – Senior Consultant

John, a chartered accountant, has twelve years experience in the Professional Services industry. Since pivoting in his career, John has become a sought-after coach, public speaker, and business advisor, driving high quality performance for individuals, teams and departments.

John has a passion for understanding the vision that drives his clients, organisationally and individually. John uses this understanding of the vision to meticulously design and deliver experiential programmes that serve to bring that vision to fruition.

John is an energetic facilitator, who believes that interaction, coupled with clear communication and guidance, is the key to successful group learning experiences. In addition, John has vast experience in 1-1 development, having coached clients at all levels across organisations for more than a decade.

Whilst John lives happily in Dublin, his roots are a mix of Cork and Wicklow. John finds his Flow in spending time with his nieces and nephews - getting drawn into their wonderful ability to fully enjoy the 'here and now'!