



Are you ready to break free from your usual thought patterns?

When we spend time developing ideas, we often end up repeating the same old perspectives. The best ideas often come when we least expect them – on a bike ride or in the shower. But it doesn't have to be that way.



I offer a new approach where we unwind, slow down, and enter a flow state. That's where the magic happens – less stress, fewer thoughts, but far more ideas.



I've developed a structured process called Flow State Innovation Coaching, where we create space for new perspectives, grounded in the brain's natural brainwave states and our different ways of thinking. This leads to more ideas and fresh perspectives with less energy, all during work hours – no need for bike rides or showers!



I hold a PhD in strategy and have experience in leadership with global companies. I know what works. And with my background as an elite runner, freestyle rapper, and tango enthusiast, I know all about flow.

Do you want to boost your creativity? Contact me for a session that's guaranteed to provide new insights – **or you don't pay.**

Write or call – let's get started!

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Hesham Morten Gabr, PhD
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Partner, Escape Company

Consulting reimagined: Unleashing creativity to enhance strategic and personal transformation.



ER DU KLAR TIL AT BRYDE DINE VANTE TANKEMØNSTRE?

Når vi bruger tid på idéudvikling, ender vi ofte med en gentagelse af gamle perspektiver. De bedste idéer kommer ofte, når vi mindst venter det – på cyklen eller i badet. Sådan behøver det ikke at være.



Jeg tilbyder en ny tilgang hvor vi løsner op, går ned i gear og kommer ind i en flow-tilstand. Her opstår magien – mindre stress, færre tanker, men langt flere idéer.



Jeg har udviklet en struktureret proces kaldet Flow State Innovation Coaching, hvor vi skaber plads til nye perspektiver med udgangspunkt i hjernens naturlige hjernebølgetilstande og måder at tænke på. Det betyder flere idéer og nye perspektiver med mindre energi, faciliteret i arbejdstiden – Uden brug af cykelture eller brusebade!



Jeg har en PhD i strategi og erfaring fra ledelse i globale virksomheder. Jeg ved, hvad der virker. Og med min baggrund som eliteløber, freestylerrapper og tango-entusiast, kender jeg alt til flow.

Vil du booste din kreativitet? Kontakt mig for en session, der garanteret give nye indsigter – **ellers betaler du ikke.**

Skriv eller ring – og lad os komme i gang.



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