



Offering **Wisdom Strategies** in the Time of Disruption

Faculty:

DOROTHY E. SIMINOVITCH, PH.D. MCC

MARCIA FEOLA, MA, MCC



Session 1: Body-Wisdom



September 14th, Mon 10:00 - 11:30 am ET
17:00 - 18.30 Istanbul

Session 2: Resistance and Innovation



October 5th, Mon 10:00 - 11:30 am ET
17:00 - 18.30 Istanbul

Session 3: Innovation and Creativity



October 19th, Mon 10:00 - 11:30 am ET
17:00 - 18.30 Istanbul

Session 4: Walking the Path: Solitude, Support and Community



November 2th, Mon 10:00 - 11:30 am ET
17:00 - 18.30 Istanbul



Dorothy E. Siminovitch, PhD, MCC is founder and president of Gestalt Coaching Works, LLC, and an international coach, consultant, group facilitator, presenter/speaker, and author of A Gestalt Coaching Primer. Dorothy is founder, co-owner, faculty, and Director of Training for the Gestalt Coaching Program in Istanbul and Toronto, both ICFACP coach training programs. She is co-founder of the Gestalt Center for Coaching, which delivers ICF-accredited coach training workshops and extended programs, internationally. Her specialties are coaching for signature presence, leadership presence and peak performance, overcoming derailment, and working with high performance groups and teams.



Marcia Feola, MA, MCC is a principal in PowerfulWork LLC, a DC based consulting firm which specializes in developing and training extraordinary leaders to manage more effectively, design more efficient and thoughtful work systems, inspire and engage the workforce and lead with confidence, clarity and purpose She has over 30 years of experience as an executive, organization development consultant, executive coach and educator. Marcia is a Master Certified Coach. She draws from neuroscience, mindfulness and leadership embodiment to support her clients to identify their strengths, develop their executive presence and embody their leadership in all areas of their lives. She is the Director of Georgetown University's Organizational Consulting and Change Leadership Program, author of ReBoot Your Working Relationship and a panelist on Women Talk radio show.

Wisdom Strategies Series

Faculty:

DOROTHY E. SIMINOVITCH, PH.D. MCC

MARCIA FEOLA, MA, MCC



Session 1: Body-Wisdom

Using body intelligence to be able to recognize challenges, build resilience and to respond more skillfully and with intention.

Areas we focus:

1. Recognition of the messages of the body.
2. Discernment: Knowing what to pay attention to; what are you noticing and what is the story you are creating.
3. Physical practices to move from stress to centeredness and be more resourced to manage disruption challenges.

Session 3: Innovation and Creativity

We all embody an evolutionary response to making our world and the worlds of others better. We do that through new ideas and through our urge to experiment with creativity. We want to recognize small acts of appreciation and invitations to experiment that come through the doorway of imagination.

Areas we focus:

1. What brings you joy? How do you recognize and use joy? (body sensation).
2. What are the behaviors that welcome new possibilities, recognition, validation, appreciation, deep listening, holding the space.

Session 2: Resistance and Innovation

Resistance serves us in maintaining integrity, stability, and familiarity. In times of urgent change, innovation and adaptation require moving beyond our comfort zone and experimenting with new options.

Areas we focus:

1. Recognizing what you want to say yes to and no to and your habitual patterns.
2. Recognizing how to stay in integrity. What are you choosing to move towards and what gets in your way? (How do you get in your own way?)

Session 4: Walking the Path: Solitude, Support and Community

In this session we will examine how we invite needed solitude as well as support. How do we balance these? We will also look at the role of community and what communities we wish to be a part of.

Areas we focus:

1. Mystery and Mastery Syndrome; understanding and inviting support.
2. Strategies for designing and sustaining you on this journey.

Wisdom Series

September 14th

October 5th

October 19th

November 2th

For all sessions:

Mondays

10:00 - 11:30 am ET

17:00 - 18.30 Istanbul

\$400.00 inaugural pricing

Limited scholarships are available. Please request.

Please click GestaltCoachingWorks.com to register.

e-mail: team@gestaltcoachingworks.com

