

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

Faculty:

DOROTHY E. SIMINOVITCH, PH.D. MCC
MARCIA FEOLA, MA, MCC

Opening Webinar

June 6th, 2020 10:00 ET 17:00 Istanbul



Please Be Our Guest at our Invitational Webinar Where We Share:

- Strategies to recognize conditions of challenge
- How to understand human reactions to change
- How to recognize opportunities inherent in disruption
- Awareness strategies to read and make meaning of the environment
- Functional use of resistance for maintaining integrity (Epidemic of people not knowing how to manage boundaries & say no in right timing)
- Practices to stay centered and re-center from derailment



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 ICF-ACCTP 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.

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Please click GestaltCoachingWorks.com to register

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
 - a. Breakout what are you noticing and what is the story
3. Physical practices to move from stress to centeredness and be more resourced to across 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. Recognizing the small acts of appreciation and invitation to experiment that came through the doorway of imagination.

Areas we focus:

1. What brings you joy?? How to 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 requires moving beyond your comfort zone and experimenting with new options.

Areas we focus:

1. Recognizing what we want to say yes to and no to and your habitual pattern.
2. Recognizing how to stay in integrity. What are you choosing to move towards, 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 be looking at practices when you want to be in the development of solitude, practices to get you desired support and communities where you can practice.

Areas we focus:

1. Mystery and Mastery Syndrome: Understanding and inviting support.
2. Strategies for Designing and sustaining your journey

Wisdom Series

June 27th, Sat

August 2th, Sun

August 11th, Tue 10:00 - 11:30 am ET

August 16th, Sat 17:00 - 18.30 Istanbul

\$400.00 inaugural pricing

Limited scholarships are available.

Please request.

Please click [GestaltCoachingWorks.com](https://www.GestaltCoachingWorks.com) to register.

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