



Dr. Ioannis Bouchelos: Goal Setting Constellations



Dr. Ioannis Bouchelos is a medical doctor and a systemic organizational coaching facilitator. Explore the interconnectedness of the physical, emotional, mental, systemic and unified levels of existence. As practitioners, also learn how to differentiate and integrate these levels to bring about deep and lasting change in clients.

TOP EMBODIMENT TIP: Accept what is and relax in the reality that everything has a deeper meaning.

Introduction:

- When a client comes to a coaching session, they are often stuck and have a hunger: for love, for food, for success, for acknowledgement. What we are trying to do with this method is to feed this hunger, not just it's expression.
- This is done at a much deeper level **through integration and balance**.
- By using the **physical and the energy body** we are able to **identify and avoid weak or overloaded areas of the body** and to transform the experience, ideally in the brain, and at the same time in the body.

The Method:

- When a person names something they want to change this causes a **physiological change in the body** - starting from the brain, down to the nerves, the muscle tissues, the body shape, and their posture.
- The evaluation starts **by seeing the person's perpendicular axis**. From here you can prioritize where the main issue of needed support is.
- By cultivating and staying in our own axis, we can provide an outer mirror to diagnose things **by physical, emotional, mental, interrelational or unitary perception**. We can then support the weak areas as a means of integration.

Summary:

- If we try to resolve something, **we first need to balance the physical, then relax the emotional, neutralize the mental, then come into conclusion of how all this is related with relationships, and the greater system**.
- The fifth level is bringing all into one, so that we achieve a sense of wholeness.
- **When we unify all of the dimensions we transcend the boundaries of our life.**

Resources:

- ❖ **Courses:** connect with Virginia, who will be coordinating time zone friendly free seminars: [facebook.com/virginia.moutlia/](https://www.facebook.com/virginia.moutlia/)
- ❖ **Email:** to connect with Dr. Bouchelos and to learn more about a free session, feel free to email him at Dr.Boucheloscoaching@gmail.com



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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