



Dawn Strom: Embodiment as a Tool for Creating Shared  
Meaning and Connection in Our Daily Lives

**TOP EMBODIMENT TIP:** Embodiment is a pathway to explore existential questions and find meaning and purpose.



Dawn Strom is a philosopher of movement and an embodiment coach for transformational leaders that want to create a movement. She is informed by her diverse background as a dancer, writer, Somatic Movement Therapist and GYROTONIC Master Trainer, as well as her personal journey of resilience through loss in early childhood. Discover how embodiment can offer us an anchor for connection, presence, and a shared space of meaning and purpose in our daily lives.

Dawn's Personal Embodiment Journey

- Dawn experienced a crisis of meaning at 22 after her parents death, loss of legal guardians, and health issues.
- She navigated trauma, anxiety, depression, and life purpose questions.
- **Dawn discovered the distinction between intellectual and heart sense - feeling the loss in her body rather than only having an intellectual understanding of life events.**
- Her process of healing was by finding continuity in her own body, using the language of movement to study impermanence, creating a performance honoring the passing of her parents and the experience of loss, and ultimately shifting her story to become part of a bigger purpose.

Purpose and Healing Came to Dawn in Four Ways

1. Connecting to the shared reality of the physical world through the body
2. **Connecting to her creative power to transform and express meaning through her body**
3. Connecting to her ability to experience and connect to others through embodied awareness
4. Connecting to movement as a language of experience, meaning, and metaphor

The 4 Pathways to Embodied Meaning: (Interconnected but we usually enter through one)

1. The Objective Body: "I have a body"- anatomy, science, movement patterns, fitness.
2. The Subjective Body: "I am a body"- embodied anatomy, how body movement expresses personal history, resourcing your body for creative process.
3. The Relational Body: "I connect through my body"- intersubjective meaning, body language, mirroring, empathic listening, experiencing art with your body.
4. The Meaningful Body: "My body is a metaphor"- physical action can hold metaphysical meaning, metaphor, art, philosophical meaning, our bodies' guidance in experiencing meaningful states of connection and purpose.

Resources

- ❖ **Website:** [dawnstrom.com](http://dawnstrom.com)
- ❖ **Takeaway Guides:** [dawnstrom.com/embody/](http://dawnstrom.com/embody/)



## All Coaching & Therapy Presentations are Proudly Sponsored by

Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



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

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**

**UZAZU**  
Embodied Intelligence

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?



**Recordings**

Lifetime access to sessions to watch as you please. Video and audio-only options.



**Cheat notes**

Notes on each session to highlight key takeaways and fast-track your learning.



**Bookmarks**

Bookmark your favourite tools to jump back whenever you need them.



**Learning lists**

Bite-size lists to help structure and guide your learning.



**Recommendations**

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)