



**Dorothy Siminovitch: The Embodiment Of Awareness And Use Of Self**



Dorothy is a seeker, international coach, consultant, group facilitator, presenter/speaker, and author. She is founder, co-owner, faculty, and Director of Training for the Gestalt Coaching Program and has written the Awareness IQ based on Gestalt principles. This session explores the language and power of embodiment awareness to strengthen our ability to choose where and how to respond and influence others, re-centre into embodiment by tracking our own present-focused awareness and invite others to become aware with dignity, presence and playfulness.

**TOP EMBODIMENT TIP:** Hold space with compassion, care and belief; we will find a way individually and together, to go forward.

The Cycle of Experience: **Gestalt Theory Combined with Coaching**

- Gestalt is about awareness. Awareness is critical for wellbeing, learning, self-regulation; it is 'here & now' data.
- The Cycle of Experience is a conceptual tool for tracking correspondence between awareness, choice and self-responsible action. It models how needs and wants are sensed, articulated, engaged with, acted upon, satisfied, and assimilated through meaning-making processes. It has six parts: **Sensation, Awareness, Energy, Action, Contact, and Closure** (or Withdrawal), each of which asks a question to help build awareness.

Awareness: **Emotional Cues and Knowledge**

- Awareness: is the 'now' information, 'fresh data', a process, a focused attention; and it invites action; if we don't take action, we may feel regret.
- Micro-cues of awareness: when we catch the piece of information and see how we can use it, we will feel satisfied.
- Awareness: from 'I', to you, to we, to the larger eco/universal; how to take care to be healthy and not overwhelmed.
- Vertical axis: What am I feeling? Horizontal axis: What do I know? Scan yourself for what you need or want now?

Presence and Awareness of Use of Self: **Heart and Gut Wisdom**

What's the emotional energy around the 'figure'? If there is none, there is no need to work with it.

- What do you want to work with? Be curious. What are you working towards? What are you noticing in yourself? What is the 'figure' that has life for you? Are you resistant? What is the energy around this 'figure' for you?
- In a fragmented world, we need and want more contact with our own self and others - yet we move so quickly. We are not aware of the emotion in ourselves or of what change we want.
- Moments of closure are important; time for *risky-safe communication*, and a moment of appreciation & reflection.
- Shared vulnerability creates more cohesion. It is a risk to reveal ourselves, to be 'naked' with the right, safe people.

- ❖ **Books:** [A Gestalt Coaching Primer: The Path Toward Awareness](#)
- ❖ **Courses:** [Gestalt Coaching Works](#)
- ❖ **Website:** New website, [Gestalt Centre For Coaching](#)
- ❖ **Social:** <https://www.facebook.com/dorothy.siminovitch/>; <https://www.instagram.com/dorothysiminovitch/>;
- ❖ **References:** Gestalt, Otto Scharmer, Daniel Goldman, Pamela McLean



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

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