

# Freeing the joy of the human spirit

## Mary Hayes Grieco

**Mary Hayes Grieco** is “a philosopher and healer at large” and a respected and masterful spiritual teacher based in Minneapolis, Minnesota. An original and expansive thinker, a pragmatic emotional healer, and a delightful storyteller, Mary has shared her wisdom with thousands of people since she first began teaching spirituality classes in 1982. She is the author of *Unconditional Forgiveness: A Simple and Proven Method to Forgive Everyone and Everything*, and *Be A Light: Illumined Essays for Times Like These*. Mary is the director and lead trainer of **The Midwest Institute for Forgiveness Training**, which provides training programs that teach her model and methods of forgiveness to mental health professionals, to the general public, and to committed students of personal growth.

Mary worked as a teacher on staff at **Hazelden Renewal Center** for sixteen years from 1996 to 2008, leading forgiveness retreats for people in recovery from addiction. From 1996 to 2003 she taught courses in spirituality of the work place at **The Management Center** at the **University of St. Thomas** in Minneapolis. She has been the featured keynote speaker at a number of conferences, serving organizations that are fostering a spirit of wellness and positive community in their company culture. She works in private practice as a coach and spiritual director at **The Well Healing Arts Center**, in Minneapolis, Minnesota.

Mary has been living and teaching forgiveness for twenty-five years. In 1986 she met her mentor Dr. Edith Stauffer, PhD, [*Dr. Edith was 77 years old when they met*] and entered intensive training as a student of Edith's life work, *Unconditional Love and Forgiveness*. Mary's relationship with Edith blossomed into a deep spiritual connection and Edith's life work became Mary's life work, as well. Since 1989, Mary has been refining the forgiveness model and methods, teaching forgiveness workshops in a wide variety of venues including churches, hospitals, businesses, treatment centers, and professional conferences.

Mary has taught this universal method of forgiveness across North America, in the Republic of Ireland and the North of Ireland, Germany and Kuwait. She was a featured speaker at the **Nobel Peace Prize Forum** in 2005, and she has worked with the **European Branch of the American Counseling Association**, a network of counselors assisting American military families in Europe. Mary looks forward to bringing the light of forgiveness to new friends in different cultures and countries.

As a speaker, Mary's style is warm, entertaining, and audience interactive, creating an atmosphere of collaboration and community. Mary encourages us to do our part for the world by healing our wounds and illuminating our consciousness with steady spiritual habits—she hopes that you too will “*be a light*” and live purposefully in service to others in these transformational times. A program with Mary will delight and inspire your audience.



“I love her work, wisdom, and humor.”  
– Anne Lamott, author

“Your presence among us as the keynote speaker of our conference helped to create a strong experience of community that was exciting and refreshing. Your talk was healing and informative.”  
– Bob Salt, Body Mind & Spirit Conference, University of Wisconsin

“Mary Hayes Grieco is a gifted teacher, grounded in a depth and breadth of psychological and spiritual insight – and her poetic use of language brings her ideas to life.”  
– Elene Loecher, Spiritual Care, Hazelden Renewal Center

“Mary Hayes Grieco shows us where the kitchen sink and the cosmos come together – her style is like a cross between Erma Bombeck and Joseph Campbell.”  
– Program Participant

“I have tried every type of therapy there is over the past 30 years, and Mary's forgiveness work is the most direct healing method I have ever experienced.”  
– Sharon Stein-McNamara, PhD, LP

“Thanks for leading a day that helped my heart soar with new possibilities!”  
– Darlene White, peace activist

# joy!

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Here are some sample topics that you can use as a basis for your own customized program. All of these topics can be presented as a keynote talk, a breakout seminar, a full day workshop or weekend retreat. Fees vary with each unique program package.

### Hope and Happiness Topics

Be A Light: Commit Yourself to Hope and Service  
Times Like These: Keep Your Spirits up When the Economy is Down  
Live Your Purpose  
Develop Your Intuition

### Forgiveness Training

Forgiveness: The Key to Health, Happiness, and Freedom  
Forgiveness in Recovery  
The Forgiveness Weekend Intensive  
Forgiveness for Mental Health Professionals (day long training)  
The Nine Month Self Mastery Program

### Workplace Wellness

Find Center Amid Chaos  
The New Spirit of Leadership  
Personal Self Mastery in Times of Change  
Emotional Healing for the Wounded Work Place

### Women's Topics

The Woman Entrepreneur – A Journey of Empowerment  
Something Magical Happens when Women Get Together  
Women's Spirituality  
Tales of the Divine Mother (storytelling)

### Contact

Mary Hayes Grieco  
2100 1st Avenue South, Minneapolis, MN 55404  
Toll free: 1-877-377-6232  
Fax: 612-724-8300  
[www.maryhayesgrieco.com](http://www.maryhayesgrieco.com)

### Partial Client List

The American Counseling Association  
The Nobel Peace Prize Forum  
University of St. Thomas  
The Management Center  
Hazelden Treatment Center  
The Binnaji Training Group, Kuwait  
Sun Valley Wellness Festival, Idaho  
Unity Church: Boston, Florida, Austin, Portland, Minneapolis  
Glencomeragh Retreat Center, Ireland  
Aiseiri Treatment Center, Ireland  
Tabor Lodge Treatment Center, Ireland  
Tullycoll Self Mastery Program, Northern Ireland  
Institute for Integrative Human Sciences  
The Humphrey Institute  
3M  
Medtronic  
Thrivent Financial  
American Family Mediators Association  
Holistic Nurses Association  
College of St. Catherine:  
Theological Insights Series  
The Basilica of St. Mary:  
Women's Spirituality Series  
University of St. Thomas:  
Care of the Soul at Work Conference  
Joy of Life Conference,  
Iowa Methodist Health Care System  
Body Mind Spirit Conference,  
University of Wisconsin  
World President's Organization, Kansas  
North Memorial Hospital Women's  
Annual Retreat  
Healtheast Care System  
Washington State Governor's Office  
National Association of Divorced People  
Mn. Dept. of Human Services  
Abbot Northwestern Hospital  
Park Nicollet Medical Center  
United Theological Seminary