

# Curriculum Vitae

## Mary Hayes Grieco

### Educational Background

- 1973 - 1977 De Paul University  
1979 - 1984 Metro State University (BA - liberal arts)

### Continuing Education

- 1988 - 1990 Certificate Program: Forgiveness Facilitator Training  
Psychosynthesis International, Diamond Springs CA  
1988 - 1996 Forgiveness Teacher: Private 1:1 Mentorship with Dr. Edith Stauffer PhD  
1989 -1990 Certificate Program: Authentic Leadership, Dr. Robert Terry  
The Humphrey Institute, University of Minnesota  
2002-2003 Certificate Program: Writing a Business Plan  
We Mentor, Inc. - Nancy Meyer  
2004-2005 Certificate Program: Mini-MBA  
University of St. Thomas, Minnesota

### Work History

- 2000 - 2014 The Midwest Institute for Forgiveness Training  
Founder, Director, and Lead Trainer:  
*Forgiveness Weekend Intensive* - General Public - 12 hrs - 4 x year  
*The Freedom of Forgiveness Professional Training* - 6 hrs - 4 x year 2006-2011  
*The Nine Month Self Mastery Program* 10 students/yr - 100 hrs - 10 x since 1999  
*Institute Staff Training* - 8 coaches/teachers 1:1 training 2003 - 2012
- 1992 - 2008 Hazelden Renewal Center  
Renewal Specialist; Forgiveness in Recovery Retreats (4-6 x year)
- 1996 - 2002 The Management Center - University of St. Thomas  
Adjunct faculty: Spirit at Work courses (4-6 x year)
- 1989 - 2000 Mary Hayes Grieco  
Self employed; freelance writer, public speaker, workshop teacher
- 1998 - 2014 The Well Healing Arts Center  
Private Practice: Forgiveness Coach and Spiritual Direction  
The Well Leadership Team
- 1986 -1994 The Blue Couch - creator/host of weekly radio program (philosophy & healing)

## **Selected Invited Presentations and Workshops Given**

- 1992 - 2012 Hazelden Treatment Center: Second Sunday Program (once a year)
- 1994 Basilica of St Mary: Women's Spirituality Series  
*"Spirituality in Everyday Life"*
- 1995 University of St Thomas: Care of the Soul at Work Conference  
*"Find Center Amid Chaos"*
- Hazelden Alumni Association: Chicago, West Palm Beach, FLA  
*"Living My Purpose"*
- 1996 College of St. Catherine: Authentic Women Leaders Series  
*"The Kitchen Mystic: Magic in Everyday Life"*
- North Memorial Hospital Women's Center: Annual Women's Retreat  
*"Something Magical Happens when Women Get Together"*
- 2000 University of St Thomas: Leadership 2000 Conference  
*"The New Spirit of Leadership"*
- Mankato State University: Women and Spirituality Conference  
*"In These Times"*
- 2001 World President's Organization, Kansas City  
*"Living My Purpose"*
- Minnesota Dept of Social Work  
*"Find Center Amid Chaos"*
- Thrivent Financial (Lutheran Brotherhood/Aid Association for Lutherans merger)  
*"Healing the Wounded Work Place"* keynote and ongoing classes
- 2002 Tullycoll Self Mastery Program, Northern Ireland  
*"Transformation: Healing and Uplifting Our Neighborhood, Our World"*
- 2003 AisEiri Treatment Center: Tipperary, Republic of Ireland  
*"Forgiveness - Key to Health and Freedom"* - public talk  
*"The Freedom of Forgiveness for Counseling Professionals"* - training
- 2004 Glencomeragh Retreat Center, Tipperary, Ireland  
*"Forgiveness Weekend Intensive"*
- 2005 Nobel Peace Prize Forum - Augsburg College, MN  
*"Forgiveness and World Peace"*

- 2006 Tabor Lodge Treatment Center, Cork City, Ireland  
Public talk, Professional Training - Forgiveness
- 2007 Washington State Health Dept.  
*"Transformation: Forgiveness as a Public Health Issue @*
- 2008 McHenry Community College, Chicago Ill.  
*"The Freedom of Forgiveness"* Professional training
- 2008-2011 (*Wrote Be a Light and Unconditional Forgiveness*)
- 2011 European Branch of American Counseling Association - Landstuhl, Germany  
*"The Freedom of Forgiveness"* - professional training
- 2012 Binnaji Training Group - Kuwait City, Kuwait  
*"Forgiveness Weekend Intensive;" "Forgiveness: Key to Happiness"* public talk
- Beverly Arts Center, Chicago Illinois - Author Afternoon  
*"Forgiveness: Key to Health and Happiness"*
- Sun Valley Wellness Conference, Sun Valley Idaho  
*"Forgiveness in Recovery"*

### **Published Works**

- 1988 - 1990 The Phoenix Health and Recovery Journal: Monthly Column
- 1988 A Christmas Remembered, Herb and Mary Montgomery, Penguin Press  
short story, "Christmas Eve at Aunt Nancy's"
- 1988 Gifts of Grace, Lone Jenson, Harper Collins  
short story
- 1992 The Kitchen Mystic: Spiritual Lessons Hidden in Everyday Life  
Hazelden Educational Materials; sixteen collected essays
- 1995 The Kitchen Mystic Daily Calendar  
Hazelden Educational Materials
- 1996 The Kitchen Mystic (Audio Book)  
Hi Bridge Audio, St. Paul, MN
- 1996 The Peaceful Heart: A Practical Guide to Unconditional Love and Forgiveness  
Hi Bridge Audio, St. Paul, MN

- 1997 Living Your Purpose (Audio book)  
Hi Bridge Audio, St. Paul, MN
- 1998 A Woman's Ways Audio book  
Hi Bridge Audio, St. Paul, MN
- 2008 Be A Light: Illumined Essays for Times Like These  
Waterwheel Publishing, Minneapolis, MN; twenty-six collected essays
- 2012 *Unconditional Forgiveness: A Simple and Proven Method to Forgive Everyone and Everything*  
Simon & Schuster – Nonfiction book
- 2013 *The New Kitchen Mystic: A Companion for Spiritual Explorers*  
Simon & Schuster – Nonfiction book

#### **Awards and Print/Media Appearances**

- 2000 Journal of Strategic Performance Measurement  
Article: *The New Spirit of Leadership*
- 2006 Stress-Free Magazine  
Article: *Free Yourself Up with Forgiveness*
- 2009 Star Tribune Variety cover feature: “Plumber of Souls”
- 2010 Rich Chicks Women's Financial Network  
Rich Chick 2010: “Trailblazing and Risk Taking Award”
- 2011 Neuess Perspectives (Journal of the EB- ACA)  
Article: *Forgiveness in Psychotherapy*
- 2012 KARE 11, MN Today Show “Unconditional Forgiveness”
- 2012 Portland, OR Good Morning Show “Unconditional Forgiveness”
- 2012 Real Simple Magazine  
Author interview: “How to deal with Anger”
- 2012 Whole Living Magazine  
Excerpt from *Unconditional Forgiveness*
- 2012 Counseling Today Magazine  
Author interview: Forgiveness and Gratitude

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