

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

Recent Work History

- 2000 - 2020 **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
The Self Mastery Program 10 students/yr - 100 hrs - 20 x since 1999
Institute Staff Training - 15 coaches/teachers 1:1 training 2003 – 2020
- 2018-2020 Spark Your Sparkle – A New Year’s Event for Spirited Women – 3 x
- 2016-present Rise and Thrive Podcast with Erin Warhol www.riseandthriveshow.com

Work History since 1992

- 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; free lance 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)
Forgiveness in Recovery

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: Keynote for 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 6 CEUs

- 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
- 2007-2013 The Midwest Institute for Forgiveness Training
The Freedom of Forgiveness for Professionals 6 CEUs – 12 X in St. Paul
- 2008 McHenry Community College, Chicago Ill.
The Freedom of Forgiveness - Professional training – 6 CEUs
- 2008-2011 (*Wrote Be a Light and Unconditional Forgiveness*)
- 2011 European Branch of American Counseling Association - Landstuhl, Germany *The Freedom of Forgiveness - professional training – 6CEUs*
- 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
- 2013, 2015 Waverly Treatment Center, Waverly MN
The Freedom of Forgiveness for Professionals – 6 CEUs
- 2016-2017 Hazelden Treatment Center
The Freedom of Forgiveness for Professionals – 6 CEUs
- 2018 St Cloud Hospital, MN
The Freedom of Forgiveness for Professionals – 6 CEUs
- 2019 YARAT Non-profit arts/health organization in Azerbaijan – keynote & workshop
- 2019 Hazelden Renewal Center – *Healthy Boundaries Retreat*

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 – Non fiction book
- 2019 Ambushed by Babies *Silly, Sorry, & Sacred Tales from my Reproductive
Adventures* – Self published ebook and audio 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*
- 2020 International Journal of Holistic Counseling
Forgiveness in Psychotherapy

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