

*Freeing the joy  
of the human spirit*



## Mary Hayes Grieco

*Speaker • Healer • Storyteller*



**Mary Hayes Grieco** is a respected spiritual teacher based in Minneapolis, Minnesota. An original and expansive thinker, a pragmatic emotional healer, and a charming storyteller, she has shared her wisdom with thousands of people since she first began teaching spirituality classes in 1982. Mary is the author of ***Be A Light Illumined Essays for Times Like These***, and she is the director and lead trainer of **The Midwest Institute for Forgiveness Training**, which provides programs to teach the model and methods of Unconditional Love and Forgiveness™ to professionals, to the general public, and to committed students of self-mastery.

Mary worked as a teacher on staff at Hazelden Renewal Center for sixteen years from 1996-2008, leading healing retreats for people in recovery from addiction. From 1996-2003 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. Mary was also the creator and host of her own local radio show, ***The Blue Couch***, from 1986-1994, featuring interviews with local and national leaders in spiritual thought and wholistic health, and her own unique style of philosophical discourse. Her first book, ***The Kitchen Mystic***, was published by Hazelden in 1992.

Mary has been teaching Unconditional Love and Forgiveness™ for twenty years. This powerful method of emotional healing was developed by her mentor, Dr. Edith Stauffer, PhD. Mary met Edith in 1986, and entered intensive training as a student and teacher of this powerful healing work, and it became Mary's life work as well. She has taught forgiveness workshops around the nation since 1990 in a wide variety of venues -- churches, hospitals, businesses, treatment centers, and professional conferences. Mary has taught Forgiveness in both the Republic of Ireland and in the North of Ireland, and she was a featured speaker at the Nobel Peace Prize Forum in 2005. She aims to make these methods of forgiveness widely available to anyone who wants the peace and relief that comes with forgiveness.

As a speaker, Mary's style is warm, entertaining, and audience interactive. She creates an atmosphere of collaboration and community in all of her endeavors. Mary encourages us to do our part for our world by healing our wounds with forgiveness, 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, *Traveling Mercies*

"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 as well as informative."

- Bob Salt,  
*Body Mind & Spirit Conference,*  
*University of Wisconsin*

"Mary Hayes Grieco's talent lies in showing us where the kitchen sink and the cosmos come together... her style is a cross between Erma Bombeck and Joseph Campbell."

- Program participant

"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  
*Director of Spiritual Care,*  
*Hazelden Renewal Center*

"I have tried out every possible type of therapy you can imagine over the past 30 years, 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 the possibilities for being fully human!"

- Darlene White,  
peace activist



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# joy!

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, or a breakout seminar, or a full day or weekend retreat. Fees are customized.

### General Audiences:

It's Not Hard to Forgive - You Just Need to Know How  
Be A Light: Make Your Commitment to Hope and Service  
Times Like These: What's Good About Hard Times?  
How to Keep Your Spirits up When the Economy is Down  
Live Your Purpose  
Develop Your Intuition

### Workplace Spirituality Seminars

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

### The Healing Factor: Wellness Seminars

Hope, Happiness, and Health  
The Medical Professional as Healer  
Forgiveness: The Key to Emotional and Physical Health  
Alternative No More: Embracing the Shift in our Medical Paradigm

### Women's Topics

Something Magical Happens When Women Get Together  
(The Power of Friendship)  
Women's Spirituality  
Tales of the Divine Mother (storytelling)  
The Woman Entrepreneur: A Spiritual Journey of Empowerment

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### Partial Client List

Leadership 2000 Series;  
University of St. Thomas  
Nobel Peace Prize Forum  
American Family Mediators  
Association  
Care of the Soul at Work  
Conference  
Women and Spirituality  
Conference  
Joy of Life Conference  
Iowa Methodist Health System  
Tullycoll Self Mastery Program  
Northern Ireland  
Glencomeragh Retreat Center  
Ireland  
Aiseiri Treatment Center;  
Ireland  
Hazelden Renewal Center /  
Alumni Programs  
(MN, Chicago, Florida)  
Thrivent Financial for Lutherans  
Medtronic  
3M  
Assurant  
MidMetro Businesswomen  
Association  
Work and Family Spectrum  
Mn. Dept. of Human Services  
Theological Insights Series  
College of St. Catherine  
The Humphrey Institute  
Center for Creativity and  
Innovation  
Holistic Nurses Association  
North Memorial Hospital  
Women's Center  
Abbot Northwestern Hospital  
Woodwinds Hospital  
Park Nicollet Medical Center  
Camden Physicians Clinic  
Medical Information Managers  
Assn  
St. Anthony's Retreat Center  
Wisconsin

