

# Maybe you could use a *Nudge*

This Nudge group will create opportunities for you to:

- Make clear, positive, achievable change plans.
- Become more skilled at giving and receiving support and feedback.
- Recognize your own hidden skills and those of your group mates.
- Clarify hidden assumptions that are keeping you stuck.
- Become more courageous.

Nudge is a supportive coaching group for adults wanting to move forward with some aspect of their lives. The group focuses on each participant's specific goals with compassion, curiosity, and encouragement in a nonjudgemental process. The group is limited to 6 participants and is led by coach/therapist Gary Gray. The work will be done as a whole group, in dyads and sometimes on your own.

Comments from past Nudge participants:

*At the end of the final session my energy was positive, forward looking and much better focused.*

*Gary's ability to give salient attention was so appreciated.*

*I have benefitted from the substance of the work and from watching Gary's work [one on one]. I have grown because of being part of this group.*

*We collaborated with curiosity and without much judgement and were energized to move forward.*

Applicants will be asked to commit to all six 2 hour sessions. The cost is \$390 and is nonrefundable.

Group begins November 6, 2017, 7:00 to 9:00 PM in Narberth, PA, and meets weekly for 6 sessions (Nov. 6, Nov. 13, Nov. 20, Nov. 27, Dec. 4, Dec. 11)

Please email or call Gary Gray to apply.  
[garygray426@gmail.com](mailto:garygray426@gmail.com) 610-585-2823

Gary Gray: *I began my therapy and coaching practice 9 years ago after a many faceted career in education and business. I trained in the postgraduate program at the Gestalt Therapy Institute of Philadelphia. In addition to my therapist training, I am certified as a Gestalt coach by the Gestalt International Study Center (accredited by the International Coach Federation).*

