

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 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).*

