

Gregory Gaiser, in association with Matrix Leadership Institute presents:



CREATING CONSCIOUS COMMUNITY

A Mini-Training in Group Dynamics,
In Association with Matrix Leadership Institute
Meeting Monthly, Over 4 Weekends

DATES AND TIMES:

Weekend 1: February 29 and March 1

Weekend 2: April 4 & 5

Weekend 3: May 2 & 3

Weekend 4: June 6 & 7

Saturdays, 10-6 and Sundays, 10-4

PLEASE NOTE:

CLASS SIZE IS LIMITED TO 16 PARTICIPANTS

Cost: \$1250 for all four weekends

Early Bird Price: \$1000 for all four weekends if registered by February 10.

**10 % discount for groups of 3 or more registering together
by February 10.**

Monthly Payment Plans Available

Super Early Bird Discount: Register and Pay by January 25: \$900 per person for all four weekends

To register email or call me and let's talk: Gregory Gaiser, mindfulmercy@gmail.com
650-919-3103



ABOUT THIS TRAINING:

The Matrix Leadership Institute approach to group life has had immeasurable influence in both my professional and personal lives. Simply put, I learned how to foster a sense of connection, of community, in any group situation.

This applies to every context, whether it be a short-lived group like a line in the grocery store, or in ongoing groups such as a Hakomi Training or a family reunion. I cannot say enough about how revelatory and influential this work has been for me.

Some of the main concepts you will learn:

- Various models of group structure and the benefits and liabilities of each structure
- Stages of group life
- 3 Functions of groups: task, process and maintenance
- How to foster conscious connection in a group
- The value of person to person connection in a group
- How to develop a 'ground of health' in a group
- How to encourage a 'high feedback' environment
- Fostering Mindfulness in groups
- How to identify and diversify 'roles' in any group context
- The influence of sub-groups on the whole group
- An introduction to diversity and inclusion work (including dynamics related to gender, race, gender identity, sexual identity, and differences in class)
- How to track & intervene with the three levels of group life: the intrapsychic, the interpersonal and the group level
- How to work with the uniqueness of each group
- Practical interventions for all of the above concepts
- How to import and apply what you have learned with groups in your life

This training will include lectures and demonstrations, but the bulk of the training will be experiential. We will meet several times as a group each weekend to create a kind of 'learning laboratory' of group life. Discussion time will help to integrate what you learn and make it portable to your everyday life.

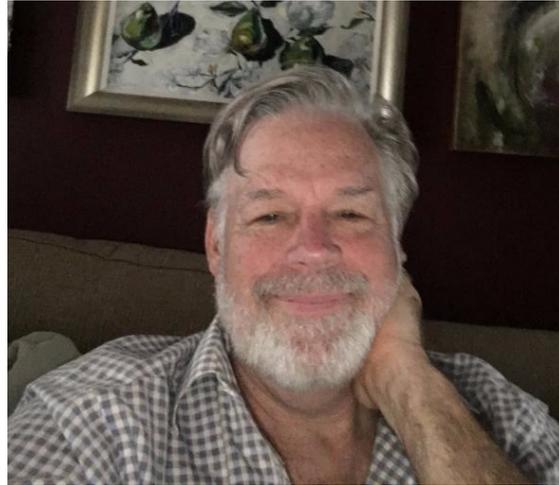
Please note: while there are basic concepts we will definitely cover, each group is different and we will learn from the organic wisdom that this

particular group possesses. This means each training in MLI is never exactly the same ('cookie cutter') type of training.

GREGORY GAISER, CHT

Faculty:

Gregory Gaiser, Certified Hakomi Trainer, Pastoral Counselor and Organizational Consultant



Gregory has been a student and teacher of healing modalities for 40 years. Originally trained in massage therapy, Gregory has always been inspired by conscious, embodied living. He has also maintained an avid interest in the many developments in the field of body psychology, including recent advances in neuroscience. His training in Buddhist meditation is an important influence both as a clinician and as a pastoral counselor. Gregory has taught traditional Hakomi and Resolving Trauma Through the Body classes in the U.S., Europe, Canada, Japan and New Zealand beginning in the early 1990s. He first studied group work, with what would become Matrix Leadership Institute, in 1990 in Boulder, CO.

His true passion is assisting people to live embodied, purposeful and spiritually connected lives. This passion extends into his group work which fosters a sense of vibrant community in all kinds of groups, from families to classrooms to businesses. He currently resides in Austin, Texas.

**For more information please call
Gregory Gaiser, 650-919-3103**

**LOCATION: Sol Healing and
Wellness Center, In the Luna
Studio**

13805 Ann Place, Austin, TX 78728

[Click here for Sol Healing And Wellness Website](#)

