



GIC MEET AND GREET

Your staff:

Lindsey Riley - lriley@gestaltcleveland.org, program and office administrator

Erika Young - eyoung@gestaltcleveland.org, coaching program manager

Beth Tomoff - btomoff@gestaltcleveland.org, accountant

Lauren Weston - lweston@gestaltcleveland.org, zoom and office support

Caitlain Krawczyk - ckrawczyk@gestaltcleveland.org, zoom and administrative assistant

Fred Abousleman - fabousleman@gestaltcleveland.org, executive director

Web + LinkedIn + Facebook (Meta)



New Mexican Green Chili Stew

- 1 pound steak/chicken/pork or none for vegetarian (bite size pieces)
- 1 -3 potatoes – diced
- 1 cup green chili (Hatch New Mexican)
- Garlic
- Salt
- Water
- Pan fry meats, then boil potatoes al dante, add rest of ingredients and meat (if using), don't overcook.

Currently Closed Offerings

Last five classes:

Women and Shame: Healing Ourselves to Wholeness (Women's Work and Empowerment Series) –
October 1 – 3, 2021

In-Person – **Creating Resilience, Managing Stress, Regulating Emotions: Guided by the Heart of the Horse, HeartMath and Gestalt** – October 3, 2021

Attending to the Body/Self in the Relation: the Co-Existence of Inside and Outside Experience –
October 8 – 9, 2021

Virtual Grief Group – July 17 – November 2, 2021

Gestalt 101 – February 12 – November 17, 2021

Offerings on Deck

Next classes:

Virtual Grief Group – November 16, 2021 – February 22, 2022

Sacred Feminine – December 3-5, 2021

Mindfulness Embodied – January 8, 2022

Gestalt Experience Weekend – January 28 – 30, 2022

Independent/Interdependent Workshop – February 1, 2022

Embodied Ritual – February 4-6, 2022

Coaching Program

- **Coaching Certification Program** – October 15 – March 20, 2022
- 23 students
- The Gestalt approach to coaching is dynamic, holistic, and creative. Based on the Gestalt Coaching Stance™, unique to the Gestalt Institute of Cleveland, the Program is dedicated to building capacity for your coaching presence and its impact, while deepening your coaching knowledge and skills. Application of International Coach Federation (ICF) core competencies is an integral part of learning.



Pasole

- 2 cups Pasole (hominy)
- 1 quart water
- 1 pound pork shoulder (no pork, vegetarian or substitute chicken)
- 1/3 chopped onion
- 4 dried red chili pods crumbled
- Salt
- Bring it all to a boil in pot – 2- 2 ½ hours

Emerging themes

- Grief and Healing – post pandemic
- Spiritual Support
- Organizational Leadership Program
- Women in Leadership
- Group Engagement
- The Project for Civic Discourse
- University and college outreach and partnerships
- Gestalt Business and Consulting Support and Development Program (business consulting and mentoring, finances, marketing, etc., and utilizing gestalt for employee and customer engagement and support) Shifting career support.
- Center for Health Care Leadership and Support
- Caregiver Support
- Center for Design and Building
- Center for Creative Empowerment and Healing (arts, dance, music and writing, etc.)
- Youth Engagement

What are we working on

- Launching and closing out courses
- Student and Faculty Platform (Moodle)
- Evaluation design
- Marketing and Development (website, LinkedIn, Facebook (Meta))
 - Need content – articles, ideas,

Your stories

Share how you came to GIC?

What you love?

A recipe?