

Getting Out by Going In

Lasting change...simplified.

What Is GOGI?

Getting Out by Going In (GOGI) is a non-profit organization focused on empowering individuals with simple decision-making Tools to help them make lasting change. GOGI offers lasting change...simplified.

How Do I GOGI?

The GOGI Life Tools are simple and easy to learn. Each Tool is independent of the others. You can use one Tool or all of the Tools. GOGI offers simple skills rather than steps to a finish line. Tool study is coordinated with the GOGI Life Tool Calendar so no one will ever feel alone when they GOGI.

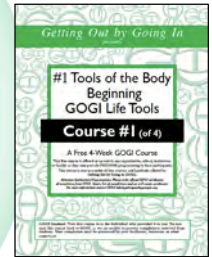
How Can Organizations Offer GOGI?

Free GOGI Meetings are available to any organization. Bulk pricing of courses makes group study an attractive option for a more formal GOGI program. GOGI offers independent study for those who are unable to attend groups. Courses are available in Spanish and English. Organizations can purchase courses. Grants and donations help fund or reduce the costs of courses. Family and friends can sponsor courses. Students can purchase their own courses.

Free GOGI!

GOGI offers many free course options. Write for more information. GOGI offers various free community meeting formats, including recovery, re-entry, and general positive community building. All meetings are free for anyone or any organization. Just email GOGI for the meeting format PDF.

GOGI offers free GOGI Meeting Manual, free facilitator support, free My Life Story Course, free virtual meetings, free handouts, and free educational videos.



Self-Study GOGI

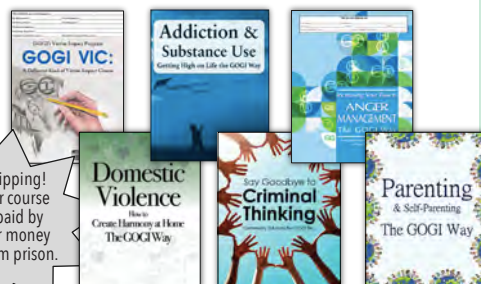


Individuals who complete self-study and submit their softbound

workbook to GOGI will receive an official GOGI certificate. Anyone can engage in self-study through the purchase of our courses.

Self-Study Courses

GOGI offers many courses, and we regularly add more options to our study library. GOGI courses are created by and for the incarcerated.



Free shipping!
\$95 per course
when paid by
check or money
order from prison.

Ways to GOGI

Group GOGI



GOGI offers a variety of meeting formats for use in rehabilitation, recovery, and therapeutic communities. Free downloads of the meeting formats are available.

Group Study Courses



Many organizations utilize internal budgets for bulk purchases of GOGI self-study and small group courses. Ask for a full course catalog.

GOGI Community Coach Certification Program



Certifying as a GOGI Community Coach requires completion of specific courses. Candidates are also required to submit an approved thesis project outlining a way in which they can be of service to their community.

GOGI Community Coach Certification helps obtain lasting employment and repair and enhance relationships. Certification as a GOGI Coach is a constant reminder to be of service to the community.

Earn Official GOGI Course Certificates



GOGI offers official certificates of completion for our purchased, grant-funded, gifted, or donor-funded soft-bound courses. Students who complete GOGI courses receive official GOGI certificates. Students can request their transcript documenting their course completions and a letter of support for court or hearing purposes.

GOGI Life Tools

Lasting Change... Simplified

**BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH
POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS
CLAIM RESPONSIBILITY
LET GO
FOR-GIVE
WHAT IF
REALITY CHECK
ULTIMATE FREEDOM**

Contact Us

For more information and our full course catalog, contact:

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Nonprofit EIN: 20-3264893

We are on social media!

- YouTube: GOGILifeTools
- Twitter: GOGILifeTools
- TikTok: GOGILifeTools
- Instagram: GOGILifeTools
- LinkedIn: Getting Out by Going In
- Facebook: Getting Out by Going In
- Zoom: Weekly Meetings