



# HANDEL GROUP

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PERSONAL RETREATS:  
GETTING RESOLVED, ONCE AND FOR REAL

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## HG Life | For your personal life.

We coach individuals to design and live an inspired life. By developing Personal Integrity® and aligning your heart, mind, and actions with your dreams, we deal head on with your current challenges in the most critical areas of your life, such as health, love, family, career, and money. Our private and group programs provide the tools and support needed to awaken your dreams and cause lasting change.

### Handel Group®

We are a renowned corporate consulting and life coaching company dedicated to teaching people how to realize their personal and professional visions. Our straightforward and innovative method has changed the lives of thousands of private and corporate clients and has been taught in over 50 educational programs including MIT and Stanford Graduate School of Business.

### The Handel Method®

We take a revolutionary approach to life. Through this innovative coaching process, you will come to know and love yourself, resolve your personal history, and manage your mind. You will develop Personal Integrity and align your heart, mind, and actions with your dreams. You will see and understand yourself from a different perspective and experience your life with newfound compassion, humor, and honesty.

### Personal Retreats:

HG Life offers several different half-day, day-long, two-day and/or weekend retreats for individuals, couples, or small groups that are uniquely structured to meet your personal needs.



## Types of Personal Retreats Include:

**Design Your Life Retreat:** This is a one-on-one private experience between you and a master coach, typically held as an in-depth day or two-day retreat. This is for new clients only and is best suited for people who are thriving but looking to fast track several areas of life and produce rapid results. You'll learn to dream and uncover what you really want in 12 areas of life, get rid of self-sabotaging beliefs, make and keep promises to yourself around body, career, relationships, time management, family, (and more!) and learn how to tell the truth while identifying and understanding your life lessons. You'll leave the retreat with a new perspective, attainable goals, and an inspired personal plan.

**Relationship Retreat:** A relationship retreat is a private retreat held between a couple and a master coach over two full days and includes a series of individual coaching sessions beforehand. This retreat is suitable no matter the stage of the relationship, whether you and your partner are 1) in a crisis 2) want a "tuneup" or 3) are anywhere in between. Your coach will get to deeply know and understand each of you first as an individual, including your life history, desires, and needs. Then your coach will help you heal emotional wounds, give you tools for communication and negotiation, and create a management system to conduct the relationship moving forward. If you and your partner have the capacity to take a deep dive into your relationship, this process will bring you rapid results in a short amount of time. You will leave the retreat with a real-life, practical human-ual that includes an understanding of your personality-trait dynamics as a couple, instructions for running the relationship in its new form, and a set of promises and consequences to sustain the new, improved dynamic.

**Family / Community Retreat:** The family/community retreat is held between family members or a small group of any kind (e.g. groups of friends, a small team, a women's or men's group) and an HG coach. Family retreats offer a profound experience to heal relationships between siblings, parents, children, and relatives, and give people time-tested tools to improve communication and intimacy. Meanwhile, community retreats offer a unique opportunity to resolve any conflict among group members or bring your group to the next level. Examples might include: optimizing and honing the vision of your club or team, upgrading your book club to a mission-driven endeavor, or reinvigorating your friendships by improving your ability to communicate. In these retreats, your coach will first get to know each person as an individual and then will lead the family or group through a process to heal wounds and resolve past incidents. Participants will leave with a new understanding of individual personality traits and group traits and how they interact. This knowledge enables a shift in how everyone relates to each other. A favorite parting gift: a written manual to help each person stay accountable to the new jointly-created vision.



## Types of Personal Retreats Include:

**Advanced Personal Retreat:** For existing HG clients only who are ready to fast track and produce rapid results in specific areas of life or who need intensive work on incidents from the past. If, even after regular weekly coaching, you are still stuck in an area of life like career, love, money, family, or health, you may need a deeper dive. HG has a process specifically designed for experienced clients to help hack into those harder areas, connect the dots, and radically change your life. In an Advanced Personal retreat, you will investigate and “unravel” the incidents from your past that still haunt you. This retreat will give you increased clarity, peace, and self-confidence to finally experience real freedom in areas of your life that in the past may have felt impossible to change.

## Homework and Other Preparation:

**Consultation:** The first required step in purchasing a personal retreat is an in-depth conversation with a coaching consultant to decide if a personal retreat is the right step for you or your group.

**Homework:** There is significant and required written homework to prepare for a personal retreat and usually requires 4-6 hours of time to complete.

**Prep Sessions:** For most retreats, your coach will also require you and others, if applicable, to complete coaching sessions prior to booking a retreat. These sessions are necessary in order to establish background, connection, and trust, and to prepare participants for the content of the days spent in retreat. These prep sessions are an essential part of the process in deciding if a personal retreat is right for you and/or your group. It is possible that after a number a prep sessions, your coach recommends not moving forward with a personal retreat.

**Booking:** If after your prep sessions you and your coach are aligned, you will book your personal retreat.

Please contact [coach@handelgroup.com](mailto:coach@handelgroup.com) for personal retreat policies and pricing information.

## Testimonials | Dreams Are Made of This

**Laura** *"I want to tell you what this past weekend feels like and what it has meant. You have given us a gift that is beyond explaining. Holding on so tight, I refused to see not only my part, but also my own fear and my complete refusal to take the hand that was being offered. I have said that my partner couldn't receive, not recognizing that I couldn't. I am blown away by what I have learned of me and of him and the ways in which I blinded myself. I see how this process does so impact each individual that the possibility for any couple like us is staggering. While we have to do the work for ourselves, there is no way we can do this without you, your guidance, your method. Mostly, it is your compassion that pulls us out of scary places and wakes us up to what life and love is supposed to really be. I feel braver and I see how brave my partner actually has been and is now. I am so happy we are in this together. I can't imagine walking this road alone without him. I am grateful for all of you. I am very happy. And what's more, I'm happy to see the joy and love in my partner that I have missed seeing for so long. Thank you."*

**Penny** *"It is hard to put into words how meaningful I found this weekend and how much the two of you have helped my partner and I to find the path back. It has been a long time since I have felt this good, and for that I thank you. I truly believe I can do anything when my partner and I are together. She truly is the love of my life and the thought of losing that love was devastating to me. Thanks to you, we have the tools to really make a difference. I will be forever grateful to both of you. (just as long as you don't let anyone know that I cried or that I actually need affirmation). All kidding aside, this goes down as one of the greatest weekends I've ever spent. Thank you, thank you."*

## HG Life Coaches



**Laurie Gerber**  
Head Coach

Passionate about personal development, Laurie has been coaching individuals and groups for over 15 years. In eight years, Laurie has built Handel Group Life Coaching from “nearly non-existent” to a team of skilled coaches. She considers herself “an angel recruiter” because she is busy looking for other people who share her mission to instill more joy and peace in the world. “When all people are living true to their ideals, then I can rest,” she says. She doesn’t anticipate being able to rest anytime soon.

Her professional and personal mission is to better the world by teaching people to tell the truth and pursue their dreams. Her focus is on maximizing clients’ ability to thrive across all areas of life—health, love, career, money, family, etc. Laurie spreads her message of empowerment through live international events, one-on-one coaching, virtual coaching courses, as a writer, on radio and in TV appearances such as *MTV’s True Life Special: I’m Getting a Second Chance*, *A&E’s The Marriage Test*, the *Dr. Phil Show* and the *TODAY show*.

She lives in Manhattan with her husband and three kids.



**Angie Robertson**  
Senior Coach

Originally from Louisiana, Angie has a Juris Doctor and Bachelor of Civil Laws from the Paul M. Hebert Law Center at Louisiana State University. She is a Senior Coach at Handel Group Life Coaching where she works one-on-one with clients and presents the Handel Method at local events. She loves being a part of spreading the reach of the method and has been learning from and using it since becoming a client in 2008.

Angie is passionate about helping people close the gap between their dreams and their current realities. As a Handel Group client, she herself discovered her dream of using her law degree to help nonprofits, something she still does in her spare time. She also found her dream of helping people fulfill their career and life dreams, and loves doing that as part of the Handel Group.

Angie is happily married and lives in Dallas, TX with her husband, two daughters and Dachshund.

## HG Life Coaches



**Hildie Dunn**  
Expert Coach

Hildie Dunn's natural enthusiasm and incredible heart is well suited to coaching. Her spirit, while infectious and inspiring to her clients and colleagues, is balanced by her desire to see people through not only the victories, but also the roughest patches of their lives. Her mission as a coach with Handel Group Life Coaching is to empower people to live extraordinary lives and reach their dreams with joy and intention. That's quite a tall order, but Hildie delights in the challenge.

Hildie received her bachelor's degree in English with a minor in Education from LaSalle University and her master's degree in Student Personnel Work with an emphasis on Human Development from The Ohio State University. She dove into the educational world and has been committed to educating and helping people of all ages flourish ever since.

Hildie is also a practicing nutritional counselor, educated at the Institute for Integrative Nutrition, and a certified personal trainer. She brings integrity and a unique knowledge of the body-mind connection to her clients. She is a mother of three young adults and she lives with one bouncy chocolate Labrador and one little Shih-poo in Bridgewater, NJ.



**Alyssa Rocco**  
Staff Coach

Alyssa is on a mission to create positive change in the world. She came to Handel Group eight years ago with a desire to change her career. After spending nearly a decade in the biotech industry participating in the launch of two successful life changing medicines for Cystic Fibrosis and Hepatitis C, she still felt like there was something missing in her life. After one session with a coach at Handel Group, she quickly discovered what was missing – she wasn't living true to her own dreams; she wasn't happy; and she didn't know how to become happy.

This realization inspired a journey: Alyssa became a coach, changed careers, learned how to date honestly, transformed the dynamic in her family, navigated addiction, and confronted how to create and maintain great relationships in her life.

Alyssa grew up in Boston and received her Bachelor's degree in communication, film and technical writing from the University of Massachusetts at Amherst and her Master's degree in Organizational Psychology from the Massachusetts School of Psychology. She is certified in process improvement techniques and six sigma practices. She is a dancer and practices 5 Rhythms dance. Alyssa lives in New York.

**Interested in one of our Personal Retreats? Get in touch today!**  
**HG Life Head Coach | Laurie Gerber | [laurie@handelgroup.com](mailto:laurie@handelgroup.com)**