

HANDEL GROUP

EDU

COACHING AND CONSULTING PROGRAMS
FOR STUDENTS, EDUCATORS AND FACULTY

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HG Edu | For educators, professors, and faculty

We are on a mission to bring conscious living to formal education. We believe it's fundamental to teach people not just how to learn, but how to live. We bring The Handel Method® to students, educators, faculty, and administrators and offer much needed instruction on how to deal with the most important areas of their life. We teach students how to design their lives, create their future, resolve their past, love their families, have difficult conversations, tell the truth, and live according to their highest ideals for themselves. Our work deals head-on with universal personal issues and focuses on developing Personal Integrity®, transparency, and accountability.

Handel Group®

We are a renowned executive life coaching company dedicated to teaching people how to realize their personal and professional visions. Our straightforward, proven, and innovative method has changed the lives of thousands of private and corporate clients and has been taught in over 35 educational programs and institutes of learning including MIT, Stanford Graduate School of Business, Columbia University, and NYU.

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.

Our Programs

Bringing Real Life to Education

Inspiring Visionaries

For Deans, Provosts and SVP Development

Our unique approach provides academic leaders with the tools they need to remove obstacles in order to unite their highly educated and independent team, and design an aligned institution. Using a holistic approach that combines both career and personal life, we help academic leaders not only design their dreams, but fulfill their purpose.

Leadership and Legacy

For Professors, Faculty & Teacher Training

Staying true to your academic career goals while balancing agendas, your own scholarly endeavors, and your personal life is a tough job. We appreciate that. That's why we've created this set of tools and practices designed to help you navigate even the roughest of waters, master your mind, and create the legacy and life of your dreams.

Empowering Leadership


For Administrators & Staff Training

Administrative staff is the lifeblood of any educational institution, and we provide them with a curriculum to help conquer any obstacle, solve any problem, and resolve any conflict with ease and grace. We give them the tools they need to enhance the success of their own lives and careers, all the while designing a professional environment they are deeply proud of.

Grad & Postdoc Experience

For Graduate & Postdoctoral Programs

Transitioning from being an undergraduate to forging your own path can be a daunting experience. Using our proven methodology, graduate students and postdocs learn how to connect to their purpose and design the career path of their dreams. By learning to tackle limiting beliefs, students access a powerful tool for realizing their full potential. Using a holistic approach that addresses a student's academic and personal life, this program is an invaluable support system for bringing each student's unique voice to the world.



Our Programs

Bringing Real Life to Education

Optimize Your Education

For Undergraduate Programs

Education is one of the most important investments of your life – we help you optimize ROI by giving you the tools you need to successfully navigate your most challenging obstacle: your own mind. By teaching students to reprogram that little voice in their heads – their inner dialogue – we upgrade their “operating systems.” Students learn to optimize their education by connecting deeply to their purpose, seeing themselves as the authors of their lives, and designing anything they want.

Build a Brilliant Future

For Grades 7-12

It's never too early to discover that you're in the driver's seat of your life. In fact, the earlier, the better! By teaching students to see themselves as the author, with the ability to create anything they can dream up, we equip students with the most powerful tool on earth: mastery of their own destiny. With a holistic approach that covers every area of their lives, we provide students with a powerful set of tools to create success and make their dreams a reality.

Customized Programs

For Specialized Goals

Individuals and institutions have specific needs. We are happy to create a program tailored to your needs, culture, goals, staff, or audience.

Keynote Speaking

For Special Events

We are happy to address your audience. Contact us to find out more about creating content for your specific event, meeting, or seminar.

Client Reviews

Norman Marcus, M.D.
Associate Professor of
Anesthesiology & Psychiatry
NYU School of Medicine

"My work with Handel Group for the past 3 years has changed every aspect of my life for the better. They have helped me understand that I can do what I dream of doing, that no mistake is too serious that it can't be rectified and that my success will always be connected to actions that demonstrate my integrity for what I believe and my commitment for caring about and nurturing the people in my life."

Peter Stone, Ph.D.
Assistant Professor
of Political Science
Stanford University

"Nothing is more important for college students than figuring out what kind of lives they want to lead. Sadly, many students rarely devote serious effort to this problem. And when they do give it a try, they often do not know how to do it right. They fail to realize that developing a great life requires skill. Fortunately, skills can be taught. Handel Group offers training in this area that can prove invaluable for many students as they look forward to the future."

Isaac de la Peña
Senior Technology Manager
at Nokia/Sloan Fellow
MIT School of Management

"Few things are more important in any organization today than integrity and candor. These also figure amongst the hardest things to nurture; many great firms have gone down the drain because their dysfunctional work practices precluded them from facing the hard facts. Handel Group does an amazing job at putting these issues in the spotlight and getting individuals to own up to the responsibility of authoring their future, empowering them not only to achieve a successful career but also a more rewarding life."

Margaret Rice, Ph.D.
NYU Langone
Departments of Neurosur-
gery and Neuroscience and
Physiology

"I recently headed a multi-PI project grant, which I would not have had the confidence to tackle, had I not had the experience of the course. Overall, the well-structured process not only raised my awareness of limitations and obstacles to success, but provided practical exercises to help tackle and overcome these one by one."

Marco Tigano
Post Doctoral Fellow
Skirball Institute Of
Biomolecular Medicine
New York University

"HG's programs taught me how to be the author and designer of my personal life and professional experience. Through a series of group seminars, combined with personal and tailored support with a coach, this method taught me how to analyze and shape my life into something that I truly want and believe in. I can't stress enough how important the content of this program is for a successful experience as a scientist and employee in our great community."

Betsy Bradford
Graduate Student
Stanford Graduate
School of Business

"My work with Handel Group for the past 3 years has changed every aspect of my life for the better. They have helped me understand that I can do what I dream of doing, that no mistake is too serious that it can't be rectified and that my success will always be connected to actions that demonstrate my integrity for what I believe and my commitment for caring about and nurturing the people in my life."

We have taught courses and programs at...

Colleges and Universities

Columbia University
Delaware State University
Florida International University
Fordham Business School
Gettysburg College
Harvard Law School
Harvard Medical School
John Jay College
London School of Economics
Massachusetts Institute of Technology
Middlebury College
MIT Sloan School of Management
New York University
NOVA School of Business and Economics (Lisbon)
Our Lady of the Lake University
Rutgers Business School
Scripps Research Institute
Stanford Graduate School of Business
Stanford Medical School
Stanford University
Swarthmore College
Technische Universität Berlin
The University of Texas at Austin (LBJ School of Public Affairs)
University of Nebraska
University of Arizona
Vienna University of Economics and Business
Wentworth Institute of Technology
Wesleyan University
Western New England University
Yale School of Drama
Yale University

K-12 Schools

Angelo Patri Middle School
Dodd School
Mattituck-Cutchogue School District
NYC Public Schools
Redding Connecticut Public School
Sacred Heart Middle School
St. Paul's College (New Zealand)
The Beacon School
York Early College Academy

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Our Course Leaders and Collaborators



Gabriella Jordan

Principal HG Edu, SVP HG Corp

As an Executive Coach with Handel Group, and Principal of the Education Division, Gaby Jordan not only leads with a high degree of expertise, but also sets an example of living a life of her own design.

Having mapped out her future in law at an early age, Gaby graduated magna cum laude with a B.A. in Political Theory from the University of Pennsylvania. She went on to pursue a law degree at Columbia University where she was a Harlan Fiske Stone Scholar.

For 15 years, she was a partner in a prestigious New York law firm specializing in litigation. The qualities of teamwork and partnership which attracted her to that firm presented themselves again in a more entrepreneurial environment as Gaby was invited to be a Vice President of Paradigm Direct, a direct marketing company.

After three and a half years, she left Paradigm, intending to work on her own, when she was approached by Lauren Zander to come on board at Handel Group as a Corporate Consultant. It was clear that her expertise in program development and unique background in training and mentoring seminar leaders qualified her to lead Handel Group Education Division. Her vision as Principal is to offer life skills and tools that enable individuals to deal with their lives truthfully.



Lauren Zander

Co-Founder and Chairwoman

Lauren Handel Zander is the Co-Founder and Chairwoman of Handel Group, an international corporate consulting and life coaching company. Her coaching methodology, The Handel Method, has been taught in over 35 universities and institutes of learning around the world, including MIT, Stanford Graduate School of Business, NYU, and the New York City Public School System. Lauren is also the author of ***Maybe It's You: Cut the Crap, Face Your Fears, Love Your Life*** (Published by Hachette Book Group, April 2017), a no-nonsense, practical manual that helps readers figure out not just what they want out of life, but how to actually get there. She has spent over 20 years coaching thousands of private and corporate clients, including executives at Vogue, BASF, and AOL. Lauren has been a featured expert in The New York Times, BBC, Forbes, Women's Health, Dr. Oz, and Marie Claire and she is a regular contributor to Businessweek, and the Huffington Post.

Our Course Leaders and Collaborators



Andrew Youmans

Investor and Operations Management-Consultant

Andy Youmans has a BA from Dartmouth College, an MBA from Harvard Business School, and co-teaches Cultural Imperative: The Ideal of Organizational Design with Professor Lowery at Stanford Graduate School of Business.

In 1989, while attending Harvard Business School (HBS), Andy joined his family's manufacturing business, Connecticut Spring (CSS) where he was a VP of Operations. After graduation, he sought to learn more about how to lead at CSS and began a multi-year investigation into the Toyota Production System (TPS). Andy believed that the TPS, although never deeply understood or codified, had been at the heart of Toyota's success. He fostered and participated in a relationship between HBS and the Toyota Supplier Support Center (TSSC) to do just that. In 1996, HBS published groundbreaking materials on the subject, which are still in use today.

After his success working with HBS and TSSC, Andy started his own operations management consulting firm, Yomo Consulting. Over the next 15 years, Andy worked with companies both large and small, in a variety of industries located around the world to implement the TPS. Since stepping down from Yomo in 2011, Andy has sought out and invested in companies where his experience at Yomo could add value. He currently maintains a small portfolio of companies as principal and works to support their activities.



Tina Rudolph

Staff Coach

Tina Rudolf has a Masters in Social Work and brings to Handel Group years of counseling experience. She was previously an Assistant Director of an Early Childhood program in New York City, focusing on the mental health and wellbeing of families. As a counselor, she has had the opportunity to support adults, teens and couples in various settings and modalities.

Tina has also dedicated much of her life to performing and fine arts and believes that her desire to create beauty in this world directly impacts her work with clients in helping them to design their lives beautifully. She loves combining both her passions as a counselor and an artist, which is evident in her unique and creative approach as a Handel Group Life Coach. She loves inspiring people to "draw outside the lines" and live the life of their dreams.

Tina believes that "life shrinks or expands in proportion to one's courage" (-Anais Nin) and has a mission to help others tap into their bravery. She supports in HG's Design Your Life Weekends, leads courses in NYC Public High Schools, and privately coaches clients.

Our Course Leaders and Collaborators



Chrisa Boyce

Executive Coach and HG Edu Course Leader

The connecting fiber of Chrisa's work is a passion for beauty and a desire to see others fulfill their potential. She comes from the corporate world and has a management and creative design/ branding background. Over the last 13 years she has held numerous leadership positions in various corporations. In her career, she has impacted businesses by developing strategies that run the gamut from presentation and marketing to talent development and training.

Chrisa came to The Handel Group in search for something deeper. Despite the success she had in career and in other areas of her life, a nagging thought told her that something was missing. Chrisa enjoys working with people on transforming their relationships in the areas of Time, Family, Career and Money. Drawing from her business and creative background, her coaching style is strategic yet fluid. She believes that everyone deserves to live a beautiful life and her mission is to give people the skills and techniques to create a life that they are truly proud of. Her formula is simple: it is all about a good design: clear vision, strong foundation, structural support, and definitive action steps. The combination of her humor, creative sensibility and her no nonsense results oriented style is impactful. Her intuition allows her to see straight to the heart of the issue, quickly guiding her clients from their limiting beliefs to their goals.



Osnat Nissani

Executive Coach, HG Edu and HG Corp

Osnat Nissani has over 25 years experience in executive coaching and leadership development. As an Executive Coach, Osnat is a master of The Handel Method®. Her expertise includes relationship development and management, professional effectiveness, Personal Integrity®, productivity, leadership and creativity.

With HG Corp, she coaches executives to enhance their leadership skills and specializes in her ability to align the team and organization. As a key member of the HG Edu division, Osnat leads courses and workshops for students, administrators, teams, and teachers. She is committed to bringing HG's coaching methodology to mainstream education and provide students, administrators, and faculty with tools and life skills to transform their personal and professional experiences.

Prior to joining HG, Osnat owned and operated a successful business venture. As an executive, she relied on her entrepreneurial spirit, artistic eye and creativity to personally pioneer and develop a jewelry line that was later sold to stores owned by one of the largest buying groups in the United States. She relies on this experience in her work training executives, administrators, and students in the language of accountability, helping to accelerate and bring resolution to issues and challenges across a host of different sectors.

Our Course Leaders and Collaborators



Hildie Dunn
Expert Coach

Hildie received her bachelor's degree in English with a minor in Education from LaSalle University. She has a master's degree in Student Personnel Work with an emphasis on Human Development from The Ohio State University.

After receiving her master's degree, Hildie dove into the academic world, committed to educating and helping people of all ages. She was formerly a fourth grade teacher at St. John's Ukrainian Catholic School in Newark, NJ and an Assistant Dean of Ursinus College in Collegeville, PA. Hildie then saw her opportunity to help adults continue to learn and evolve when she found intenSati. She so loved this powerful heart-mind-body fitness practice that she became an instructor. As Assistant Program Manager at Johnson & Johnson, she not only led intenSati classes, but also co-led their corporate wellness program.

She 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. Hildie leads Handel Group courses and events in the New York metro area, group telecourses, and she privately coaches clients.



Tyreek Moore
Executive Coach, Principal HG Sports

Tyreek joined the Handel team to lead the Sports Division. He has over 20 years of management and business experience in both public and private sectors. He supports sports industry professionals in maximizing potential by raising their personal integrity. Tyreek believes when everyone is holding themselves accountable, and an entire organization is in alignment, the results are profound and extraordinary.

Tyreek has been an entrepreneur and a trailblazer since 2006. His firms have provided resources to private, nonprofit and educational institutions. He has always been driven by a deep desire to help people live inspired and fulfilled lives.

Tyreek earned his Bachelor of Science degree in Computer Science from Boston University and his Master of Education degree from Harvard University. As a professor at Monroe College, he has taught courses in Entrepreneurship, Project Management, Principles of Management, Systems Analysis and Design, Social Media Marketing, Website Marketing and Implementation and Sports Management.

Our Course Leaders and Collaborators



Alyssa Rocco
Staff Coach

Alyssa is on a mission to create positive change in the world. She came to Handel Group seven 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. She brings a deep understanding of The Handel Method to the work she does with her clients and students at MIT.

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.



Rosa Walsh
Senior Executive Coach | HG Edu | HG Corp

Rosa brings great depth garnered from life and work experience to her career as an Executive Coach for Handel Group. With over 20 years as a professional in industries and organizations such as banking, finance, retail and nonprofit, Rosa has served in varied capacities including grants management, financial auditing and sales territory administration as well as compensation design for large organizations.

Since joining Handel Group Rosa's primary focus has been to coach and work intensively with individuals and executives in a range of fields. Her work currently includes organizational and cultural assessments for Handel Group's clients. In addition, she works with executives and teams to support and enhance their personal and organizational success, thus producing intended outcomes. Rosa's clients range from small business owners across the United States to executives in large organizations looking to enhance their careers as well as their capacity to produce results consistent with their organization's vision. Her thorough understanding of the method has enabled Rosa to assist in coaching and developing executive coaches in training for Handel Group.