

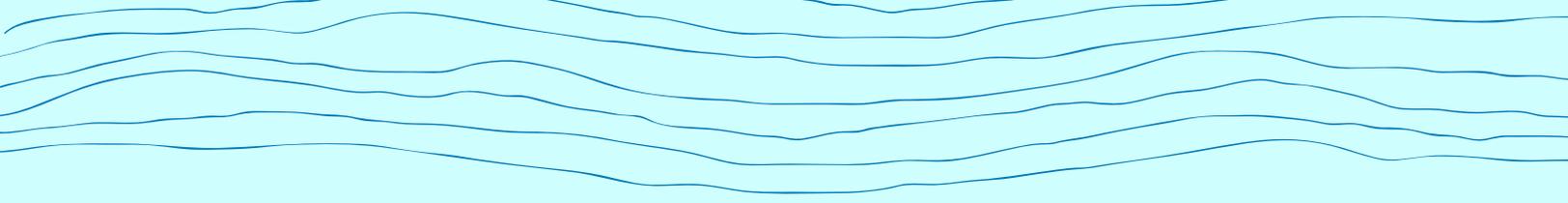


# Lauren Zander

**CO-FOUNDER & CHAIRWOMAN, HANDEL GROUP**

Lauren Zander is the Co-Founder and Chairwoman of Handel Group®, an international corporate consulting and life coaching company. Her coaching methodology, The Handel Method®, is 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 the creator of Inner.U: Learn to Human Better®, the online coaching course that teaches the entirety of The Handel Method, which has been used by dozens of celebrities, CEOs, and entrepreneurs since 2004, and she is the author of *Maybe It's You* (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.

Lauren has spent over 20 years coaching thousands of private and corporate clients, including executives at Live Nation, Ticketmaster, Vogue, BASF, and AOL. She 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*.



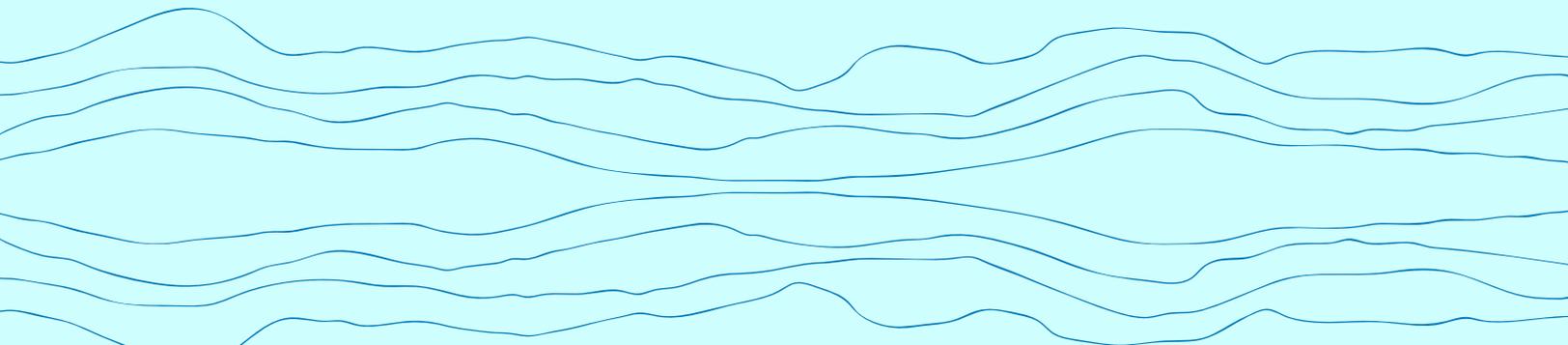
FLAGSHIP PRESENTATION

# Learn to Human Better

Inside each of us is our ideal life. But what happens as we get further along in our journey? We lose sight of where we're going and how we want to get there. We get distracted by a crazy job, or a health crisis, or a Netflix series, or one of the countless other bumps in the road. And slowly, bit by bit, we find ourselves veering off course...or never calling our course.

In her flagship talk, Lauren Zander shows you how to course correct and ride full throttle towards those ideals. In her direct, funny, and inimitable style, Lauren helps people understand that there's an incredible amount of pride that comes with taking hold of the steering wheel, confronting what's between you and what you deeply wish your life looked like.

Lauren's take-no-prisoners brand of radical personal accountability and her proven step-by-step program has worked for bestselling authors, CEOs and top executives, award-winning artists...and now, you. She will have you dreaming in more areas of your life than you ever let yourself imagine and will teach you the key to happiness, self-esteem, and confidence: Personal Integrity, defined as the alignment of your head (plan), heart (desire), and body (actions). Though many of us may have had the inkling before that we are our life's biggest problem (and solution), we truly have no idea its extent or found the humor in it necessary to lighten up about it. That is, until now.



## OTHER SPEAKING TOPICS:

### Change Your Mind

There's an illusion that nothing important is really going on in that dark nightclub of our minds, where all our thoughts, theories, and inner dialogues dance. But, the truth is, we've all done such a lousy job as bouncer of that club, it's kind of amazing. Yes, your mind has a mind of its own. And if left unchecked, all those voices can cause dream decay. In Lauren's intimate, uncensored Change Your Mind seminar, she will teach you how to identify the 8 basic brands of excuses and the 3 negative voices and create clear, actionable steps to help you get out of your own way and curate thoughts that are a match for your dream. Whether it's your career, your family, and/or your body, it's time to get your mind playing for the right team.

### Mastering Time

Is time not on your side? Do your days feel like a battle to beat the clock, make deadlines, uphold standing commitments, prioritize priorities, and avoid seemingly unavoidable distractions? If any of this rings true (and it's not your reminder alarm), join Lauren for a workshop to discover simple and fun (yes, fun) solutions to master time. You'll learn how to organize yourself, plan brilliantly, and most importantly, find ease in everyday activities as well as your most heartfelt endeavors.

### The 3H's Guide to Finding the One

Most of us play blind man's bluff when it comes to finding love. Now comes a sure-fire, practical dating method that will help you stay clear to your vision while still having fun. Lauren Zander offers a hot and heated presentation on her wildly honest, BS-free dating method: The 3H's Guide™ to Finding the One. At this lively, unabashed session, you will take a look at which of the 3 H's--the head, heart, or hoo-ha--you leave high and dry. Because if you can start to see your past patterns in love and dating, you can do something about them. (Quitting doesn't count.)

### 7 Ingredients to a Successful Entrepreneur

If you're looking to build your own business or grow your personal brand, Lauren Zander can get you there with her practical step-by-step formula to help you create and execute on your vision. Whether you know EXACTLY what you want to do but are afraid to take the leap, you already jumped and own a business but want to make sure you're on the right path, or you have an idea for a FUTURE business... there are important, highly personal lessons you must learn in order to succeed. Because no matter where you are, in order to realize your dream, you are going to have to deal with your career dream's biggest obstacle - YOU.

### The Promise Land

Learn how to cause and curate change. Did you know you have a say over who and how you want to be? In this insightful presentation, Lauren will dare you to design your dreams, debunk your excuses, and align your head (a plan), your heart (what you want), and your body (your actions). You will be left with a new perspective, an inspired personal plan for your life, and the tools to cause the change you want most.

### Power of One

In this presentation, Handel Group Co-Founder and Chairwoman Lauren Zander will help us unpack an internal pecking order (yes, she WILL compare you to poultry) which contains only two levels: a 1 and a 2. A true 1 is a powerful leader. Someone who knows who she is, speaks her truth, and authors their life. Someone who chases fear and not only champions their cause, but champions others. Not just because they can, but because a true 1 understands that others are 1s as well. Lauren will leave listeners with a powerful set of tools to identify how to function as a 1 at work and in life.

## TESTIMONIALS

"Lauren has changed my life. People say that kind of thing all the time ... but this is the real deal. I can flat-out say I have never been happier, more fulfilled, or more certain and excited about the path ahead of me. Nor have I had more FUN! Lauren's method is a gift that is now available to everyone."

— **Hugh Jackman**

"Lauren Zander does not mince words. She is authentic, has 20 years of knowledge in life coaching, and her method is the only method that has the capacity to change my life. And it did."

— **Forest Steven Whitaker III**

"I've been lucky enough to encounter and work with Handel Group and Lauren Zander over the last several years. The level of integrity to which the coaches hold themselves has amazed and inspired me. That's why I recommend them and partner with them."

— **Dr. Mark Hyman, New York Times bestselling author and leader in the field of Functional Medicine**

"Lauren introduced me to a truth that changed my life. I had been teaching practices of connection with no notion of integrity, and no respect for true intimacy. Lauren and her method helped me rewrite my inner dialogue, connect deeply to my family, and evolve my excuses so I can be the partner, the mother, the daughter, the sister, and the teacher I've always dreamed I could be."

— **Elena Brower, Yoga teacher and author of The Art of Attention and Practice You: A Journal**

"Lauren Zander has taught me important lessons required to live a life with the most integrity, the most success, and most importantly--the most fun. My business is killing it, my personal life is the best it's ever been, and my social life is fully loving. Lauren has forced me to face myself over and over again until I am happy."

— **Miki Agarwal, Co-founder & Inventor of Hello Tushy and She Thinx, Author of Do Cool Shit and Disrupter**

## PAST EVENTS

Yale

STANFORD  
BUSINESS  
SCHOOL

NYU

MIT  
Massachusetts  
Institute of  
Technology

TCNJ THE COLLEGE OF  
NEW JERSEY

Kripalu  
Center for Yoga & Health

WANDERLUST

USTIA  
U.S. Travel Industry Association

FEEL  
GOOD  
SUND

ticketmaster®

NeueHouse

abc carpet & home

SOHO HOUSE

THE WING

COMMUNE

24  
LIFE

## COACHING CLIENTS

Live Nation

Ticketmaster

Epic Records

AMC

J Records

NYT

Vogue

Boardroom

Core Club

Equinox

Dangene

Colin Cowie

Bentley Meeker

Burning Man

Alison 18

Greenwich Hotel

Benjamin Hotel

AOL

Ogilvy

JWT

Uniworld

Mediabrand

UM

Initiative

Adecco

Renaissance Leadership

D.W. vanDyke

Von Roll

Fairmont

B & W

Crum and Forster

AffinEco

Sherman & Sterling

NYU Pain Clinic

Mulberry

NYT

David Yurman

D'Addario

daVita

RN Solutions

Purdue Pharma

Synectics for  
Management Decisions

Aviat

Dropbox

US Government:  
Administration for  
Children and Families

New Zealand

LinkedIn

Crunchbutton

Belgian Consulate

Dakota Partners

Columbia University

Edens

Palm Beach School District

BNP Paribas

MIT

Banco Santander

Stanford

Citibank

NYU

BBVA

HGI Capital

Liberty

Rational Wave

Chevron

Premium Point

TVA

BASF

## MEDIA APPEARANCES

Lauren has been featured on hundreds of television, podcast, digital, and print media outlets, including these top appearances:

### TOP TELEVISION APPEARANCES

#### **Celebrity Life Coach — A&E / Biography TV Special**

Lauren Zander helps celebrity Sean Young rid her life of negativity and start on a new path to her dream life.

#### **Dr. Oz**

Lauren Zander joins Dr. Oz to offer a guide to getting unstuck to women who have a hard time sticking to their health goals despite their best efforts.

### TOP PODCAST APPEARANCES:

Lauren has been featured on dozens of podcasts, including these top appearances:



#### **Impact Theory**

Tom Bilyeu, co-founder Quest Nutrition and CEO, and Lauren Zander discuss how you need to drop the excuses and take responsibility for your life in this episode of Impact Theory.



#### **Dr Farmacy**

On this episode of the Dr. Farmacy Podcast, Lauren joins Mark Hyman to talk about his own personal journey with life coaching—or what he calls Functional Medicine for the soul—to discover happiness, success, and so much more.



#### **Short Story Long**

Lauren joins Short Story Long host Young & Reckless Founder/ Entrepreneur Chris "Drama" Pfaff on this episode to talk about her book "Maybe It's You." Together, they discuss how your inner dialogue may be the thing that is holding you back from not achieving your dreams.

#### **Commune Podcast**

Lauren Handel Zander has helped motivate thousands of people to drop their excuses, dream big, and live into those dreams. In this episode of the Commune Podcast, Lauren talks about how loving, radical self-honesty might also be the secret to lifelong happiness. Listen as she discusses not only how to get exactly what you want in life, but how to get there. Live a happy and purpose filled life!

#### **Intelligence For Your Life**

Lauren Zander is joined by John Tesh, Connie Sellecca, and Gib Gerard on the Intelligence For Your Life Podcast to talk about the importance of honesty – extreme, brutal honesty – in every aspect of our life. It's corporate coaching, but it's focused on making people better.

## TOP PRINT/DIGITAL APPEARANCES



### Oprah Magazine

Lauren advises on how to bust the excuses that are holding you back from your dream life.



### Experience Life

Ready for some tough love? Lauren shares that we aren't living up to the privilege of being human and how to get unstuck in this experience life cover article.



### Lenny Letter

In this article, the author recounts how she enlisted Lauren's help to save her career dreams.



### Harvard Business Review

Lauren Zander joined forces with Deborah Gruenfield to reveal how hiding behind the authenticity as a leader is a convenient way of avoiding the truth about who you really are, how you actually behave, and why.

## PROFESSIONAL SPEAKING ENGAGEMENTS

Lauren is a TEDx speaker and leads seminars, conferences, and summits around the world. Her top recent appearances include:

**Ticketmaster Sports Summit** — Featured Panelist on "Women Who Are Changing the Game and the Future of Work"

**White House Office Center for Social Innovation** — (Palo Alto) Moderator at roundtable for the White House's Social Innovation conference at Stanford University.

**TEDx Women's Conference** — (Amsterdam) TEDx speaker on the principles of The Handel Method and how to change one's life.

**Rodale Publishing - Women's Health National Conference** — (Hamptons, NY) Keynote speaker at the Rodale Publishing - Women's Health Magazine national conference for the employees / editors of the magazine.

**Empowering Latin American Women's Conference** — (NYC) Keynote speaker at the annual Latin American Women's Conference at NYU on changing one's life and creating a plan to get what you want.

To book Lauren  
please contact:

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Jill Alban  
[jill@handelgroup.com](mailto:jill@handelgroup.com)