

The Good Hustle & Inner.U

Get focused on *your goals, yourself*, and get *thriving* in all areas of your being!

I am Dana D'Orazio, and I'm so excited to partner with Handel Group and the amazing Coach-in-Training Casey Seidenberg to offer this one-of-a-kind course to you!

If you want to get focused on your goals, yourself, and thriving in all areas of your being - harnessing your inner badass- then this course is for you!

We'll take a **6 week journey** together to transformation through **meditation, mindfulness** and **coaching** building off of The Handel Method.

What's the Journey Look Like - 6 Weeks

- 6 Guided Meditations & Reflections
- 6 Live Virtual Coaching Sessions with Q&A hosted by me and Casey Seidenberg
- 12 Online Learning Lessons to go deep and outline your individual plan to thrive
- Lifetime access to innerU- the Handel Method online coaching and training portal and all of your work, including the Promise Tracker

A little about Dana and my journey to The Good Hustle...

In short...if an entrepreneurial, design thinking bleeding heart was found on a yoga mat meditating on the next big thing and how to share it...that's me! I'm all the don't go together things- that's my superpower!

I have spent a combined 12 years on the mat practicing yoga, mindfulness and meditation and off the mat piloting, disrupting, designing, strategizing and scaling work across the U.S., and globally. Certified Yoga Instructor (RYT 200). Mindfulness (MBSR) trained and meditation certificate studying with Tara Brach and Jack Kornfield- UC Berkeley's Greater Good Science Center.

Through each experience I have been getting focused on strategies that help me to thrive as a whole person in both work and well-being. My company, [The Good Hustle](#), is the result of my passion to honor whole-being living and to support you in your own Good Hustle to thrive and live fully!