

HANDEL GROUP

CORP

THE HANDEL METHOD® AWKWARD

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What if in order to heal bias in our lifetime, we have to not only understand it, we have to get radically honest about it first? What if we even called our inherent discomfort with each other's differences something else altogether?

AWKWARD.

In this ground-breaking, historical and hysterical workshop, we're going to laugh, cry and open up about how closed we still are about our prejudices. Not because we don't believe in the right thing—we actually do, but because we don't know how to live by what we believe. We're stuck in the mire of what we were born into and, because of our habitual nature, we can't break out. We don't know how to communicate between cultures. We don't know how to connect, love, understand and accept our differences. If you take a good look at your community, at your office, sure, we want to be past all prejudices, but have we truly broken the barriers?

Aren't we still awkward about it all, wishing we weren't?

No one truly wants to be biased, but that has nothing to do with how to heal it, resolve it, let it go, and live above it. What if the reason we can't get out of the muck we're currently in is because we can't even admit we're swimming in it?

That's where we're going.

None of this is about feeling bad, about guilt—it's about truth. It's about bringing what's in the dark into the light. It's about talking about it, addressing it, facing it, laughing at it, crying at it, and forgiving it.

In Part I of the Workshop (1.5 days), with compassion, honesty and guts, we will 1) address our universal plight, our reluctance to admit our awkwardness, discomfort and negative unconscious undertones; 2) anonymously deal with the past, hauntings, hurts and unsaids; 3) teach and design what it will take to forgive ourselves and others for our awkwardness; and, 4) leave you with individually-designed, life-altering assignments.

After 6 weeks, we will bring the group back together for Part II, which is a final half-day session. This day will radically instill the work the group has done in between sessions, leave people committed to their own mission and inspired by humanity's potential to change and break out of all awkwardness.

AWKWARD is for those who wish to heal, forgive and do something about centuries-old hurts in order to build a different future—an unexpected one.

Workshop Structure

Part I:

- Day 1 - Half Day
Assignment: Homework assignment between sessions.
- Day 2 - Full Day

Part II: (6 weeks later)

- Half Day

Topics

- Author vs. Weather Reporter
- Personality Integrity
- Accountability Model
- Inner Dialogue: Chicken and Brat
- Awkward: The "Invisible" Voice
- Beliefs and Theories
- Actions & Principles
- Hauntings
- Promises & Consequences
- Hard Conversations
- Forgiveness



The Handel Method®

The Handel Method® revolves around several key concepts. Perhaps most importantly, we deal with a person's personality traits. Every single human has some negative traits; usually these traits go undistinguished or ignored and can wreak havoc in the workplace. If you want to impact the culture of a company, you have to get people to tell the truth about themselves and others. We allow people to look at themselves honestly and without judgment, emphasizing the universal nature of this concept and the personal rewards for facing it. Our coaching allows people to tell the truth and discover which personality traits they need to adjust in order to be an extraordinary leader. These conversations are extremely freeing for people and are necessary for creating a culture of creativity and productivity in an organization. We recommend starting at the top, as people tell the truth when they hear the truth.

Another key concept is Personal Integrity®. In its simplest form, people who have Personal Integrity® keep the promises they make to themselves and to others and act in ways that are consistent with their own highest values. We have people look at where their integrity is lacking, why it is that way and design rules and actions to reach a higher level.

Other concepts that make up the Handel Method® include techniques for defining goals and creating actions to achieve them, developing highly effective communication skills, having the hard conversations, designing inspiring futures and controlling your inner dialogue.

Our Strategy

Dysfunction within a company is, at the very least, expensive and unpleasant. At its worst, it can kill a business. We address the success of a corporation by focusing on its individuals. Handel Group® offers a unique opportunity to address the many demands facing a business; from leadership development to the often-overlooked challenges of repairing damaged working relationships.

Organizations are often undermined by human dynamics, which create unspoken and divisive issues that prevent optimal performance when left unaddressed. We are experts at resolving interpersonal issues that impede an organization's growth and profitability. As an added bonus, our process brings joy back to the workplace -- and happy people are good for business.

Leadership can be sacrificed to the day-to-day tasks of managing a business. We make it possible for leaders to recognize and remove self-imposed obstacles that impede true leadership. We work on multiple aspects of leader effectiveness including accountability, communication, personality traits and Personal Integrity®. As a result, our coaching clears a path for leaders to fully utilize their natural abilities in ways that are highly effective and forward thinking.

Successful teams are products of aligned goals, trust and open collaboration. However, even teams with the most talented professionals can fail to operate cohesively and collaboratively, limiting their optimal potential. It is the "unspoken" issues – intellectual and emotional, political and personal – that undermine both the individual and the organization. Handel Group® works with teams to reveal and dissolve obstacles, no matter how unpleasant and deep-seated. Where management tends to tread lightly, or not at all, Handel Group® creates harmony from discord.

