

HANDEL GROUP

EDU

COACHING AND CONSULTING PROGRAMS
FOR STUDENTS, EDUCATORS AND FACULTY

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HG Edu

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 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 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 individual 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 new found 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, charged with the huge task of aligning their team of highly educated, impressively independent colleagues, with the tools they need to unite their team, remove obstacles and design an effective institution. Using a holistic approach that considers every aspect of career and personal life, we help academic leaders design their dreams and fulfill on their purpose.

Leadership and Legacy

For Professors, Faculty & Teachers Training

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

Empowering Leadership

For Administrators & Staff Training


Administrative Staff is the lifeblood of any university and keeping it flowing presents a unique set of challenges. We provide a curriculum to help Administrators conquer any obstacle, solve any problem, and resolve any conflict with ease and grace. By helping Administrators design a professional environment of which they are deeply proud, we give them the tools they need to enhance the success of their own lives, careers, and the entire organization.

Grad & Postdoc Experience

For Graduate & Postdoctoral Programs

Transitioning from being an Undergrad with a prescribed curriculum to forging your own path can be a daunting experience, but it doesn't have to be. Using our proven methodology, Graduate Students and Postdocs learn how to deeply connect to their purpose, and use their passion to fuel the design of the research and career path of their dreams. And by learning to tackle limiting beliefs, we give students a powerful tool for realizing their full potential. Using a holistic approach that addresses students academic career, as well as their personal lives, this program becomes the ultimate support system for bringing a 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 Public Schools

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

James A. Phills, Jr. Ph.D.
Professor of Organizational
Behavior (Teaching)
**Stanford Graduate School
of Business**

"Over the last 25 years, I have worked with dozens of the world's most successful, skilled, and well-known consultants, coaches, and clinicians. These professionals span the fields of leadership, organizational development, clinical psychology, strategic management, personal development, and the human potential movement. Handel Group® co-founder Lauren Zander is one of the most insightful, compelling, and transformative interventionists I have ever encountered in any domain. The ideas and principles underlying The Handel Method® have fundamentally changed the way I see and experience the world.."

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."

Wendy Suzuki, Ph.D.
Professor of Neural Science
and Psychology, Director of
Undergraduate Studies
Center for Neural Science
New York University

"The Handel Method® helped me rebalance, refocus and improve my life. It works!"

As Taught At...

Massachusetts Institute of Technology

Interdisciplinary Activity Period (IAP)

- *Designing Your Life* 2006 – to Present
- *Facing Love and Relationships* January 2011, 2013
- *The Healing Power of Music* January 2012

MIT Sloan School of Management

- Sloan Innovation Period *Designing Your Career* 2013
- Sloan Fellows *Designing Your Life* 2006-2009

Work Life Center Programs March 2015

- *What Matters Most? Identifying and Managing Your Priorities*
- *Cultivating Productive Relationships at Work*

Backpack to Briefcase Series May 2015

- *Cultivating Productive Relationships at Work*

Residence Hall

- *Designing Your Life* Edgerton House Graduate Students 2009-2011

Stanford University

- *Inside Life and Leadership* Fall 2015
- *Cultural Imperative: The Ideal of Organizational Design* Fall 2015
- *Leading Your Life* Spring 2011 – 2014
- *Executive Education for Nonprofit Leaders* March 2011
- *Entrepreneurship from the Perspective of Women* September 2010
- *Executive Education for Social Entrepreneurs* June 2010

The Clayman Institute For Gender Research:

- Graduate Voice and Influence *Designing Your Career* Fall 2013 - 2015

Stanford School of Medicine

- *Empowering Emerging Scientists* 2011 - 2014
- Stanford University *Empowering Women in Science* Spring 2011

New York University

- *Designing Your Grad Student and Postdoc Experience* Fall 2011, 2014-2015, 2015-2016
- *Designing Your Career* Faculty Program Fall 2013
- *Empowering Women Faculty: Designing Your Career* 2010-2011
- *Empowering Women in Science* Grad Students and Postdocs 2010-2011
- School of Medicine *Designing Your Life* Spring 2008

Residence Halls:

- CHOICES COMMUNITY: various programs 2013 – 2015
- SENIOR HOUSE: various programs 2012 - 2013
- *Empowering Women in Science* 2009 – 2011

Columbia University

2011- Present - programs taught annually including the following:

- *Authoring Your Leadership and Career*
- *Developing Accountability in Yourself and Others*
- *Developing the Leader Within*
- *Having Challenging Conversations*
- *Igniting the Spark in Your Career*
- *Removing the Obstacles to Your Success*

Yale School of Drama

- *Having Hard Conversations* Faculty 2014
- *Having Hard Conversations* Students 2014
- *Effective Communication in Creative Environments* December 2012

Vienna University of Business and Economics

- CEMS program Skills Seminar: *Leading Your Life* October 2015

Wesleyan

- *Designing Your Career* for Faculty and Administration January 2014
- *Empowering Women in Science* Students and Faculty April 2011

Scripps Research Institute Programs, La Jolla CA and Jupiter FL

- *Cultural Competencies* May 2015
- *Personal Integrity and Hard Conversations* August 2015

Middlebury College | *Designing Your Life* January 2010

Rutgers Business School | *Love and Money* 2008-2010

Fordham Business School | *Designing Your Life* August 2010

Delaware State University | *Designing Your Career* May 2014

Gettysburg College | *Designing An Extraordinary Life – Yours!* Administrators & Faculty March 2014

University of Arizona | *Developing the Leader Within* Women Science Faculty March 2011

Wentworth Institute of Technology | *Designing Your Career, Finding the Right Balance* Sept 2013

Our Lady of the Lake University | *Designing Your Life* January 2012

Western New England University | *Designing Your Life* November 2015

Public Schools:

NYC Public High Schools

- Humanities Preparatory Academy | *Designing Your Life* Spring 2014 – present
- Harvest Collegiate High School | *Designing Your Life* Spring 2014

Angelo Patri Middle School

- *Designing Your Life* Spring 2016

Palm Beach County School District

- *Designing Your Leadership* series for Principals and Administrators 2011-2014

Redding Connecticut Public School | Peer Coaching Workshop Students Fall 2009

Collaborators & Course leaders



Gabriella Jordan
Principal HG Edu, SVP HG Corp

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.

Lauren Zander then approached Gaby to come on board at HG. 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.

Gaby has contributed to and been consulted on a number of articles in publications including the *Harvard Business Review*, *Ebony Magazine*, and the *Huffington Post*. She has also appeared on the television show *Exhale* on the Aspire Network on overcoming past hurts and addictions and on NBC's *the Good Fight* featuring HG work in the NYC public schools.



Lauren Zander
Co-Founder and Chairwoman

Lauren Handel Zander is a life coach, university lecturer, and public speaker with a bachelor's degree in Environmental Science from George Washington University. She is also the creator of the groundbreaking coaching methodology, The Handel Method®, which she developed and taught at MIT.

Lauren has spent over 20 years coaching thousands of private clients: entrepreneurs, professors, politicians, families, couples, award-winning artists and musicians, and Fortune 500 CEOs. Her corporate clients have included executives from Sony BMG, *The New York Times*, News Corp, J. Walter Thompson Agency, Citibank, LinkedIn, The Gap Inc., BASF, and NYU Langone Medical Center.

Lauren has led seminars and conferences all over the world for organizations, including: the World Bank, the US Department of Justice for Judges, Rodale Publishing, Mayya Movement International, Prevention R3 Conference, LeadingAge, Donna Karan's Urban Zen, Soho House, and Empowering Latin American Women's Conference. She presented her coaching methodology at the world renowned TEDx Women's Conference in Amsterdam, and was a moderator, running the roundtable for the White House Office of Center for Social Innovation Conference at Stanford University.

She is a contributor for several publications and media outlets, including: *The New York Times*, the BBC, Harvard Business Review, Forbes, Women's Health, Men's Health, and The Huffington Post.

Collaborators & Course leaders



Brian Lowery

Professor of Organizational Behavior at Stanford University

Brian Lowery is a Professor of Organizational Behavior at Stanford University and is currently co-teaching *Inside Life and Leadership* with Handel Group EVP Leslie Simone at Stanford Graduate School of Business. Professor Lowery is a social psychologist by training.

He received his doctorate from UCLA in 2001 with a minor in statistical methods.

Professor Lowery's research has two major threads. The first thread examines the operation of racial attitudes below the threshold of consciousness. The second thread focuses on how people perceive inequality. Underlying both lines of work is the assumption that individuals may unintentionally exacerbate existing inequity, despite supporting the ideal of a just and fair society. This research has been published in major scholarly journals such as the *Journal of Personality and Social Psychology*, the *Journal of Experimental Social Psychology*, and *Law and Human Behavior*.

Professor Lowery's teaching focuses on translating basic knowledge about human interactions into lessons for managers. He currently teaches introductory organizational behavior courses for both master's and doctorate level students. In addition, he teaches a seminar on managing diversity.



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. He continues to work on consulting projects within Yomo.

Collaborators & Course leaders



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.



Hildie Dunn
Senior 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.

Collaborators & Course leaders



Rosa Walsh
Executive Coach

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® 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®.

