


# HANDEL GROUP



handelgroup.com  
800-617-7040



## About | Designing Lives Since 2004

### 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 private 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 newfound compassion, humor and honesty.

### On a Mission

We specialize in improving the quality of people's lives on a personal, professional and educational level through the four divisions of our company. HG LIFE coaches individuals to design and live an inspired personal life. HG CORP specializes in creating a radically different company culture that rewards honesty and inspires innovation. HG EDU is on a mission to bring conscious living to formal education and Design Your Life™ Online introduces the entire coursework of The Handel Method® in a flexible digital learning platform.

## Services | Personal and Professional Coaching

### HG LIFE | for your personal life.

HG Life coaches individuals to design and live an inspired life. By developing Personal Integrity® and aligning your heart, mind and actions with your dreams, we deal head on with your current challenges in the most critical areas of your life, such as health, love, family, career and money. Our private and group programs provide the tools and support needed to awaken your dreams and cause lasting change.

### HG CORP | for corporations and businesses.

HG Corp specializes in creating a radically different company culture that rewards honesty and inspires innovation. We tailor our services to refocus your leadership and staff in a new context of candor, accountability and solidarity. We foster a higher standard of personal and professional integrity and believe that happiness throughout an organization produces extraordinary results. Together, by integrating these core values into your organization, we build a remarkable and successful future.

## Services | Education and Digital Coaching

### HG EDU | for educators, professors & faculty.

HG Edu is 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.

### DYL ONLINE | digital coaching program.

Design Your Life™ Online introduces the entire coursework of The Handel Method® in a flexible digital learning platform that can be accessed anywhere, anytime. Participants design their own course of study with a hands-on syllabus that includes audio lectures, reading materials, homework assignments and access to the HG online community. Learn at your own pace and discover tools for clarifying goals, overcoming obstacles, managing commitments and being accountable for realizing your biggest dreams. Launching Spring 2016.



## Testimonials | Dreams Are Made of This

**Dr. Mark Hyman**

New York Times bestselling author and leader in the field of Functional Medicine

*"The level of integrity to which the coaches at Handel Group® hold themselves has amazed and inspired me. That's why I recommend them and partner with them on their Dream Body course."*

**Elena Brower**

Founder and co-owner of Virayoga, and co-author of Art of Attention

*"My HG coaching felt like turning on a light in some of my darkest ways of relating to people closest to me. My family, my teaching, and my relationships have all bloomed with this work."*

**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."*

**Tom Florio**

Publisher of Vogue

*"We are going into the new year with extreme momentum and self-awareness, which comes from the enabling sense that one gets from speaking and dealing in truth. It's a lesson well learned from our association with HG."*

**Forest Steven Whitaker III**

Academy Award-winning actor, producer, director and Founder of the Peace Institute

*"Handel Group's knowledge, passion and insight, has created a self empowerment system that manages to take those unconscious things that block our success and bring them into the conscious world directing them to create the future that we dream of."*

**Lisa Judson**

Senior Vice President Audience Marketing, AOL

*"In a remarkably short period of time HG Corp has transformed our Marketing team by instilling high levels of Personal Integrity® and accountability into the DNA of our organization. Their results-driven process has had an immediate ROI in both productivity and personal satisfaction."*

**Lynn Hazan**

EVP/General Manager & CFO Epic Records

*"HG Corp team led Sony's RED division and 25 of their women employees with a very artful blend of compassionate listening and complete vigilance, and has had a profound impact on the climate of the company. Both on an individual basis and with respect to the larger vision, HG rocks. They delivered the principles of promises and consequences, weather reporter vs. author, chicken and brat, and in a way that was impactful, engaging, clear and funny. I was surprised how they had us wanting to participate publicly about areas of our lives that are typically not discussed in a work environment. People walked away wanting more!"*

Featured Clients | Taking a Revolutionary Approach





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