



HANDEL GROUP



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About | Living Our Dream Since 2004

Handel Group® is 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® takes 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.

Services | Personal and Professional Coaching

HG LIFE | for your personal life.

We coach 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.

We specialize 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.

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 their 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.

INNER.U[®] | Learn to Human Better[™].

The moment you realize that to *human* is a verb, everything changes. The power is back where it belongs and where it's always been ... in your hands. Inner.U is the online coaching course from Lauren Zander and Handel Group. This is HUMANING 101: it teaches you how to hack into your own life, see the whole picture, and connect your dots.

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."

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."

Amy Howe

Chief Operating Officer Ticketmaster NA

"We are seeing the positive impact of the coaching tools on a weekly basis. Relationships between colleagues as well as those between supervisors and teams are improved. Our leaders have learned essential skills in communication and self-awareness. And teams are much more willing to speak up when things aren't working. The value of having a common language (promises/consequences, tough conversations, 1s and 2s, etc.) has been incredibly powerful. When Handel Group said the coaching will drive greater business results I was somewhat skeptical at first, however, we're now seeing teams collaborating & working more effectively across the organization, which is critical in a highly matrixed organization like ours."

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

The
New York
Times

ticketmaster®

VOGUE

TVA



Yale



Aol.

J W T



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