



Laurie Gerber

HEAD COACH, HG LIFE COACHING

Passionate about personal development, Laurie has been coaching individuals and groups for over 15 years. She specializes in relationship and marriage coaching and is the #1 marriage and relationship coach based in NYC. She spreads her message of empowerment through public speaking events, such as the 2019 TedX Brooklyn, live international events, one-on-one coaching, virtual coaching courses, and on radio and in TV appearances such as MTV's True Life Special: I'm Getting a Second Chance, A&E's The Marriage Test, the Dr. Phil Show and the TODAY show. Laurie also hosts monthly dating and relationship webinars on Match and JDate providing dating, sex, and relationship advice to an average of 350 listeners per month.

Laurie considers herself "an angel recruiter" because she is busy looking for other people who share her mission to instill more joy and peace in the world. She feels blessed to spend her days doing work that makes her proud and she is inspired by Handel clients for having the gumption and guts to look at themselves honestly.

She lives in Manhattan with her husband and three kids.

Relationship Speaking Topics

As the number one relationship coach in NYC, Laurie has a full arsenal of speaking topics about finding love and improving your relationships.

THE 3H'S (HEAD, HEART, AND HOO-HA) GUIDES

3H's Guide to Finding the One

If you are truly done playing blind man's bluff when it comes to love, join Laurie Gerber for an eye-opening presentation on her wildly honest, no-nonsense dating method, 3H's Guide to Finding the One. At this lively session, Laurie will have you take a look at which of the 3H's - the head, heart, or (take a deep breath!) hoo-ha - you leave high and dry. If you can start to see your past dating patterns, you can do something about them. Leave this session with a better sense of how to navigate your love life, while getting deeply honest about what you really want.

3H's Guide to Mastering the First 3 Dates

Whether you're looking for a relationship or simply to have fun, this talk will teach you to get honest, free, and unabashed about what you want when it comes to sex and dating. This 3H's Guide is a cut-to-the-chase (albeit, slightly crass!) coaching methodology that will help you better navigate the dating world and rock out your first few dates.

3H's Guide to Navigating Sex for Men and Women

Are you done not getting what you want in and out of the bedroom? If you're ready to cut to the chase (or cut the chase), and get freed up about sex and dating, this talk is for you. Laurie Gerber will teach you to learn how to vet your dates better, get honest and freed up about sex, understand the 3H's, keep the relationship hot and know when it's not, and deal with red flags.

OTHER RELATIONSHIP TOPICS

Right Your Profile

Consider your profile an advertisement for your dream. In this workshop, our resident dating expert Laurie Gerber will give you tips and tools (and truths!) for how to write and post a profile that gets you who (and what) you want.

LoveSTUCK: Maybe It's You®

Let's admit it; life is tough. And the things you really want in life (particularly in your love life!) often seem impossibly far out of reach. But what if you stopped blaming others (i.e. your boss, your mother, your boss's mother, etc.) for what's holding you back and took a close, unfiltered look at the real root of the problem (and the solution!); you? Join Lauren Gerber In this not just impactful, BUT hack-full workshop and find out why the fact that "maybe" it's you is the best bad news you ever got.

OTHER SPEAKING TOPICS:

Manage Your Mind, Master Your Money

Money talks. But do we listen? So many of us have bad theories about money that are sabotaging our success. In this talk with Laurie Gerber, you'll figure out how to get wise to your woes and out of your own way when it comes to your financial future.

The Art of Honesty

Ever notice who you are sometimes changes depending on who you're with? There really is a scale of how comfortable you feel in your own skin when it comes to being who you are and saying what you think. Most of us are still pretty awkward, even as grown-ups. Telling your whole truth and nothing but with grace and wisdom is an art and a science. Join Laurie Gerber and get the tools you need to brave up, speak up, and open up.

Mastering Time

Is time not on your side? Join Laurie Gerber for a 1-hour Mastering Time workshop and discover simple and, no kidding, fun solutions to master time. You will learn how to organize yourself, prioritize priorities, plan your life brilliantly, and find ease in everyday activities as well as your most heartfelt endeavors.

Design Your Life®

If what you most want seems just beyond your reach, join Laurie Gerber, head coach, for a program that leaves no stone unturned. In her inimitable, honest, funny, deep, and no-holds-barred style, Laurie will wake you up to your dreams by teaching you the key to happiness, self-esteem, and confidence: Personal Integrity®—aligning your head (plan), heart (desire), and body (actions).

Design Your Life®, Design Your Own Career

Are you ready to take on something really important this year – your career? Without question, it takes something to have a vision and take the right actions to become the success you want to be, both personally and professionally. Laurie Gerber has helped thousands of people articulate their vision for their careers in a way that inspires, bust their own excuses and negative theories, and give them the tools they need to get into the right action to create the career of their dreams. Join Laurie for this no-holds-barred, narrative-changing, two-hour workshop and create the right action plan to not only design your next career move, but ensure its success.

Design Your Life®, Don't Forget Fun!

Are you ready to take on something really important this summer – YOU? As in, the YOU who yearns for adventure, learning, challenge...or just plain FUN? If you're ready to take on what can be one of the most satisfying and fulfilling areas of life (when it's designed well!), join Laurie Gerber for this no-holds-barred, narrative-changing, Design Your Life, Don't Forget FUN workshop. In 2 hours, Laurie will teach you how to dream in the area of life we call "Fun and Adventure." She'll show you what's in the way of your dreams, and get you into the right actions to realize every last one of them. If you're ready to do the work, this workshop will help shatter the glass ceiling to help you realize your dreams of travel or learning something new this year.

Building Fearless Friendships

Ready to build long lasting friendships that matter? Fostering fearless friendships is a skill you can learn. If you are longing to bring a whole new level of intimacy to your tribe or cultivate a new community, you've come to the right place. Join Laurie Gerber for a two-hour, fun, honest, and emboldening event and learn how to get digging your sandbox. You'll skip away having discovered the keys to having close connections, your values when it comes to friendship, and the tools necessary to create a culture of honesty and intimacy in your friendships.

TESTIMONIALS

"There is not enough room to write here. I was blown away. I went in a tiny bit reluctant but walked out a different person. I went to Design Your Life and Weekend Couples Coaching both with Laurie Gerber. The amount of clarity & smarts that come out of this teaching is simply insane! In a good way. At times it had me laughing...you know that slap on your forehead moment like...Duuuh Diana!! LOL!!!"

— **Diana Barnett**

"The Handel methodology of transformation is genius. You guys are a dream come true for me. If you combine all the therapy, personal development programs, and spiritual paths I have been on over the past 30 years and put it on crack, there HG Life Coaching stands. The simple tools you provide combined with firm no nonsense coaching work: responsibility, commitment, honesty, and accountability. They are adding up to a new level of integrity for me. I feel it in my core. Laurie, you have coached me with straightforward, concise and incisive wisdom. You are tough, you are confident, and you take risks. Your words are delivered from a place of love and I am able to receive my "tough truths" knowing they are coming from a sensitive and compassionate heart. I feel it, so I don't waste time fighting it. I trust you, I trust the process and we are kicking ass!"

— **Anne Geary**

PAST EVENTS

Laurie has led events at dozens of venues including these top appearances:



MEDIA APPEARANCES

Laurie has been featured on dozens of television, podcast, digital, and print media outlets, including these top appearances



Dr. Phil Show

Laurie Gerber and her husband, Will Craig join Dr. Phil to help couples whose relationships are on the rocks.



The TODAY Show

On this this segment of Dr. Farmacy: Can a bad habit be broken? Laurie joined the TODAY show as guest to provide the tips and tricks necessary to do just that.



True Life: An MTV TV Special - I'm Getting a Second Chance

Join Laurie as she helps Rocky get a second chance at life after losing weight and undergoing skin surgery. He re-writes his past in order to find a brighter future.



A&E's The Marriage Test

Laurie Gerber and husband, Will Craig, give couples another chance at love! They live in a house with the couples under constant surveillance for four days and will help them decide if they should make good on their wedding vows or call it quits.

TOP PRINT/DIGITAL APPEARANCES



WWD

Can couples be business partners and have a successful relationship? Laurie offers her expertise in managing it all and designing the life of your dreams.



Match.com 3H's Video

Ever wonder how to find your match? It starts with knowing exactly what your 3H's (head, heart, and hoo-ha) are looking for. Learn how with Laurie.



IVY: How to Get What You Really Want in Today's Dating World

Laurie shares how to manage today's digital dating world and find the partner of your dreams.



Pop Sugar

"I went to a life coach and my dreams actually came true." One writer's account of her coaching sessions with Laurie Gerber.

Experience Life

Go behind the scenes at the Experience Life cover shoot with Laurie Gerber and learn what it means to Design Your Life!

The Thirty

"This mantra saves me every time I feel anxious." This writer shares tips and tools for managing her mindset from her coaching sessions with Laurie Gerber.

The Learning Annex

Join Laurie as she reviews the three step method for designing your life.

TOP PODCAST APPEARANCES

The Kindness Podcast

Laurie delivers Handel Group Life Coaching as a way to help people thrive across the board of life, including health, love, career, money, and family.

The Well Woman Show

Laurie teaches the Well Woman community how to start their dreams and be the author of your life, how to prioritize career AND love, and how to overcome "weather reporting."

#NoFilter with Zack Peter

Laurie Gerber joins the show to talk "How to Ask For What You Really Want in Bed." She is the queen of the art of honesty, and taught exactly how to keep it real, in bed, out of bed, and everywhere in life.

Breaking Free: A Modern Divorce Podcast

Laurie Gerber teaches how to answer the toughest divorce questions like, "How do I tell my spouse I want a divorce?" and, "How do we tell the kids we are divorcing?" on this podcast.

PROFESSIONAL SPEAKING ENGAGEMENTS

Laurie leads seminars, conferences and summits around the world, both in-person and virtually. Her top appearances include:

Tedx Flatbush, Brooklyn, 2019 — Featured speaker on the Tedx stage with topic of “Out-LIAR”

Women of the Vine and Spirits Global Symposium — Scheduled keynote for 2020 at the largest gathering of women and men dedicated to collaborating, supporting and advancing women in the wine and spirits industry.

Love Beauty Wellness Festival — Featured panelist at Love Beauty Wellness Festival, the curator of holistic beauty and wellness events and workshops based in LA.

Match — Featured relationship expert providing monthly coaching on dating, sex, and relationship to Match.com 3MM+ members.

JDate — Resident relationship and dating coach for JDate, providing monthly webinars and in-person workshops for the most popular Jewish dating app.

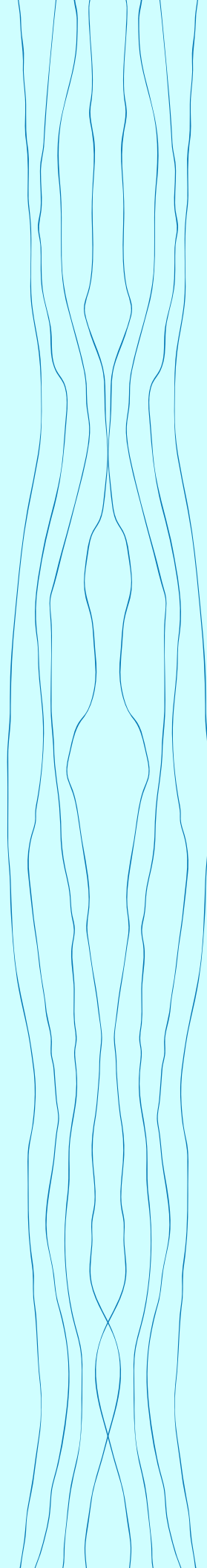
General Assembly — (NYC, Dallas, LA) Monthly featured speaker and quarterly workshop presenter at General Assembly, the virtual and in-person community that fosters a flourishing community for professionals to pursue careers they love.

Kripalu Center for Yoga and Health — Weekend workshop leader of Design Your Life curriculum at Kripalu, a renowned health and yoga retreat in Stockbridge, Massachusetts.

Omega Institute — Weekend workshop leader of Design Your Life curriculum at Omega Institute for Holistic Studies, a non-profit educational retreat center located in Rhinebeck, New York.

1440 Multiversity — Weekend workshop leader of Design Your Life curriculum at 1440, a 75-acre campus in northern California dedicated to personal and professional learning.

Ellevate Network — Featured speaker for Ellevate Network, the leading national network for professional women with chapters in NYC, Chicago, and LA.



To book Laurie
please contact:

HG VP of Business Development
Jill Alban
jill@handelgroup.com