

HANDEL GROUP

EDU

COACHING AND CONSULTING PROGRAMS
FOR STUDENTS, EDUCATORS AND FACULTY

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HG Edu | For educators, professors, and 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.

Handel Group®

We are renowned executive life coaching company dedicated to teaching people how to realize their personal and professional visions. Our straightforward, proven, and innovative method has changed the lives of thousands of private and corporate clients and has been taught in over 35 educational programs and institutes of learning including MIT, Stanford Graduate School of Business, Columbia University, and NYU.

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.

Our Programs

Bringing Real Life to Education

Inspiring Visionaries

For Deans, Provosts and SVP Development

Our unique approach provides leaders with the tools they need to remove obstacles in order to unite their highly educated and independent team, and design an aligned institution. Using a holistic approach that combines both career and personal life, we help academic leaders not only design their dreams, but fulfill their purpose.

Leadership and Legacy

For Professors, Faculty, & Teacher Training

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

Empowering Leadership

For Administrators & Staff Training

Administrative staff is the lifeblood of any educational institution, and we provide them with a curriculum to help conquer any obstacle, solve any problem, and resolve any conflict with ease and grace. We give them the tools they need to enhance the success of their own lives and careers, all the while designing a professional environment they are deeply proud of.

Grad & Postdoc Experience

For Graduate & Postdoctoral Programs

Transitioning from being an undergraduate to forging your own path can be a daunting experience. Using our proven methodology, graduate students and postdocs learn how to connect to their purpose and design the career path of their dreams. By learning to tackle limiting beliefs, students access a powerful tool for realizing their full potential. Using a holistic approach that addresses a student's academic and personal life, this program is an invaluable support system for bringing each 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 obstacles: 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 Grades 7-12

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, 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

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 Ston, 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 Pena
Senior Technology Manager
at Nokia/Sloan Fello
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.
NYT Langone
**Department of Neurology
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 excersizes to help tackle and overcome these one by one.

Marco Tigano
Post Doctoral Fellow
Skirball Institute of Biomolecular
Medicine
New York University

HG's programs taught me how to be the author and designer of my personal life and professional experience. Through a series of group seminars, combined with personal and tailored support with a coach, this method taught be how to analyze and shape my life into something that I truly want and believe in. I can't stress enough how important the content of this program is for a successful experience as a scientist and employee in our great community.

Betsy Bradford
Graduate Student
**Stanford Graduate School of
Business**

No class touched me more than HG's Leading Your Life. It put me on a path to not just surviving, but building a meaningful life again. My first six months at the GSB were marked by some true lows: great family loss, the end of a meaningful relationship, the suicide of a dear friend, and of course the challenges that come with the GSB. It was the lowest point of my life. While dear friends and therapy helped weather the immediate onslaught of severe depression, my dreams remained somewhat muted by the losses. This course put me on a fundamentally different path and brought so much hope to my life again.

We have taught courses and programs at...

Colleges and Universities

Columbia University
Delaware State University
Florida International University
Fordham Business School
Gettysburg College
Harvard Law School
Harvard Medical School
John Jay College
London School of Economics
Massachusetts Institute of Technology
Middlebury College
MIT Sloan School of Management
New York University
NOVA School of Business and Economics (Lisbon)
Our Lady of the Lake University
Rutgers Business School
Scripps Research Institute
Stanford Graduate School of Business
Stanford Medical School
Stanford University
Swarthmore College
Technische Universität Berlin
The University of Texas at Austin (LBJ School of Public Affairs)
University of Nebraska
University of Arizona
Vienna University of Economics and Business
Wentworth Institute of Technology
Wesleyan University
Western New England University
Yale School of Drama
Yale University

K-12 Schools

Angelo Patri Middle School
Dodd School
Mattituck-Cutchogue School District
Micro Society Academy Charter School
NYC Public Schools
Redding Connecticut Public School
Sacred Heart Middle School
St. Paul's College (New Zealand)
The Beacon School
York Early College Academy



Our Course Leaders and Collaborators



Rosa Walsh
Senior Executive Coach | HG Edu | HG Corp

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 various 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 executives and teams in a range of fields. Her work currently includes organizational and cultural assessments for Handel Group® clients and leading corporate workshops. 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 C-suite 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 and Staff Coaches for the Handel Group.



Lauren Handel Zander
Founder and CEO

Lauren Handel Zander is the Founder and CEO of Handel Group®, an executive life coaching company based in New York City. Her coaching methodology, The Handel Method®, has been taught in over 50 major universities and institutes of learning across the country, including MIT, Stanford Graduate School of Business, Stanford Medical School, NYU, Columbia, and in the New York City Public School System. Lauren is also the author of *Maybe It's You* (Published by Hachette Book Group, April 2017), a no-nonsense, practical manual that helps readers figure out not just what they want out of life, but how to actually get there. She has spent over 20 years coaching thousands of private clients: entrepreneurs, couples, families, professors, politicians, Emmy, Peabody and Academy Award-winning artists, Grammy-winning musicians, and Fortune 500 CEOs. Her corporate clients have included executives from The New York Times, News Corp, J. Walter Thompson Agency, Citibank, Dropbox, LinkedIn, Uniworld, The Gap Inc., BASF, NYU Langone Medical Center, and Vogue.

Our Course Leaders and Collaborators



Hildie Dunn
Expert Coach | HG Life & HG Corp

Hildie received her bachelor's degree in English with a minor in Education from LaSalle University and her master's degree in Student Personnel Work with an emphasis on Human Development from The Ohio State University.

She dove into the educational world and has been committed to educating and helping people of all ages flourish ever since. 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.

Hildie 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 events in the New York metro area, group telecourses and she privately coaches clients.

