



HandelGroup

Upcoming Coaching Programs and Offerings

GROUP PHONE - COACHING

FREE Telephone Group Coaching Session This free hour-long session is designed to allow you to experience the coaching process first hand, without any financial commitment. This is not just an informational lecture, but rather an interactive dialogue from which you will gain valuable insights about yourself as well as find out if coaching is right for you. Bring a notebook and pen. An experienced Handel Group Coach will lead the call. Space is limited!

RSVP to coach@handelgroup.com for instructions on joining the call
Monday, Aug 17th 8-9pm ET

Designing Your Life Imagine having the ability to *design* your life instead of just letting life happen *to* you. In this powerful, introductory 12-week course, you will determine which areas of your life are not working for you and then create a road map for how to get to where you want to be. Together we will break down your fears, thoughts, and deep beliefs that are “explaining your life away.” We will get you thinking, creating, inventing and dreaming about your life. Designing Your Life™ gets you in action, feeling proud and living your dreams once and for all.

\$200/mo for 3 months
Mondays, starting Aug 24th, 7-8pm ET

Dream Body In this 13 week phone-coaching series, we will explore how your thoughts influence your actions with regard to having a great body. You will learn how to articulate your “dream body,” stop excuses from sabotaging you, and develop a renewed self-trust based on Personal Integrity™. And you *will* lose weight! If you are ready to live in a body you love, come design it from the inside out.

\$300/month for 4 months
Tuesdays, starting Aug 4th, first call 6-9pm ET, after that, weekly for 12 weeks: 6-7pm ET

Manifesting Group - Learn the Art and Science of Manifesting Join this inspiring group series designed to cause a positive and permanent change in the way you think. Articulate and envision what you really want, explore and remove your personal roadblocks to fulfilling desires and learn the actual practical steps for how to manifest a wish or dream, from conception to fruition. Are you ready to learn how powerful you can be?

\$250/month for 3 months
Wednesdays, starting Sep 23rd, weekly conference calls for 12 weeks: 12-1pm ET

Groups consist of 6 participants and a coach and are held by conference call. Calls are 1 hour long, on the same day & time every week for 12 weeks (except where noted).

For a free consultation or to register please call (800) 617-7040
or email us at coach@handelgroup.com www.handelgroup.com



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WORKSHOPS

Muse Weekend - The Keys to Being Magical In this intensive weekend we will investigate the keys to “being magical.” What is that aura that some people seem to just have? That quality that has things happen for them in seemingly magical ways? In this course you will learn and practice the fundamentals of “musing” from an expert; Johanna Sawalha, Senior Vice President at Handel Group Private Coaching will teach you what she has learned from coaching her clients to fame, publishing books and plainly “making it” in their endeavours in life. Learn the skills to tap into your personal “magic” and make things happen.

Saturday & Sunday, Aug 29th & 30th 10am-4pm
\$400, North Salem, NY location (Early Bird Special: \$300 price good until Aug 15)

Manifesting Salon - Learn the Art and Science of Manifesting Join Laurie Gerber in her home for an inspiring morning designed to cause a positive and permanent change in the way you think. Articulate and envision what you really want, investigate your personal roadblocks to fulfilling desires and introduce yourself to the practical steps for manifesting a wish or dream. Are you ready to learn how powerful you can be?

Friday, Sep 11th 9-11:30am
\$100, NYC Location, Please register soon, seating is limited

Life Coaching - Crash Course Do you want results fast? This weekend course will immerse you in some of the main components of the Handel Method and will give you a serious wakeup call in life if you have been coasting. This course is highly engaging and is one of the quickest ways to set your life on a new and exciting trajectory.

Saturday & Sunday, Sep 12th & 13th 8:30am-3:30pm
\$400, NYC Location (Early Bird Special: \$300 price good until Aug 15)

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