

HANDEL GROUP



Inner.U: A digital course to design your life

Inner.U is HG's brand-new digital coaching course. Now, you can access The Handel Method® and Lauren Zander's practical, life-changing coaching on your own time and from whatever setting you choose. This powerful and proven method has the potential to radically change your life. Whether you want to find love, land a dream job, fix a relationship, or lose weight, Inner.U will get you there.

Here's How it Works:

- Choose between a six-month or yearly subscription depending on your coaching needs.
- Or buy the course out-right with our Unlimited option.

Included in all options:

- 12 audio sessions (14+ hours!) of coaching from Lauren
- Over 50 thought-provoking coaching assignments and many hot tips & tools
- Access to HG coaches and a community chat
- Yearly and unlimited subscribers receive free live group coaching Q&A calls 2x/month
- Prizes! Including free coaching videos, downloads, and more
- You can cancel your subscription at any time

What will I learn?

Lauren will lead you through a combination of audio lessons and exercises that follow the clear, organized steps of The Handel Method.

Part 1: Get Your Dream On

In part one of Inner.U, you will be introduced to one of our key principles and the secret sauce to happiness--Personal Integrity®, the ability to keep a promise to yourself. You will also discover the importance of dreaming in every area of your life.

Part 2: Dig Deep

In part two of Inner.U, you will head into your past to uncover some of the memories that have shaped you. You will investigate these memories and learn how to unravel them. Plus, you'll learn the steps to have open, honest conversations about any topic.

Part 3: Head on In

In part three of Inner.U, you will get your head under new management and deal head-on with your negative thoughts that are clearly in your dreams' way. You will discover the importance of manifesting and learn how to create your own rituals--from writing in a journal every night to manifesting daily.

Part 4: The Beginning

In part four of Inner.U, you will review all that you've learned thus far in the course. You will learn how to write (yes, more writing) a Grand Vision for Your Life and see that you have the power to make anything you want happen in your own life. You, after all, are your life's author

Get started today at InnerU.Coach