

## Designing Your Life®: Make it Happen 2022 at MIT

Join HumanBetter EDU (Handel Group's new nonprofit) as they lead graduate students from across MIT in a dynamic, 6-part group coaching series this fall. Participation includes your own academic year license to Inner.U Student.

### Session Topics Include:

- Authoring and Dreaming
- Introduction to the Personal Integrity and Accountability Model
- Promises & Consequences: The Promise Tracker
- Inner Dialogue, Thought Logs, and the Power of the Mind
- Personality Traits: How to Leash and Leverage Them for Success
- Hard Conversations: Powerful and Effective Communication

### Course Dates

#### Wednesdays

9:30 - 10:30am ET

Dec 8, 2021

Jan 5, 12, 19, 26, 2022

Feb 2, 2022

### Enroll

Please click here  
to register:

[https://bit.ly/  
MITDYL2022](https://bit.ly/MITDYL2022)

### Attend

6 live  
coaching sessions

### Location

Courses will be  
held on Zoom  
(Link to be sent after  
registration.)

Contact [naomic@MIT.EDU](mailto:naomic@MIT.EDU) if you have questions