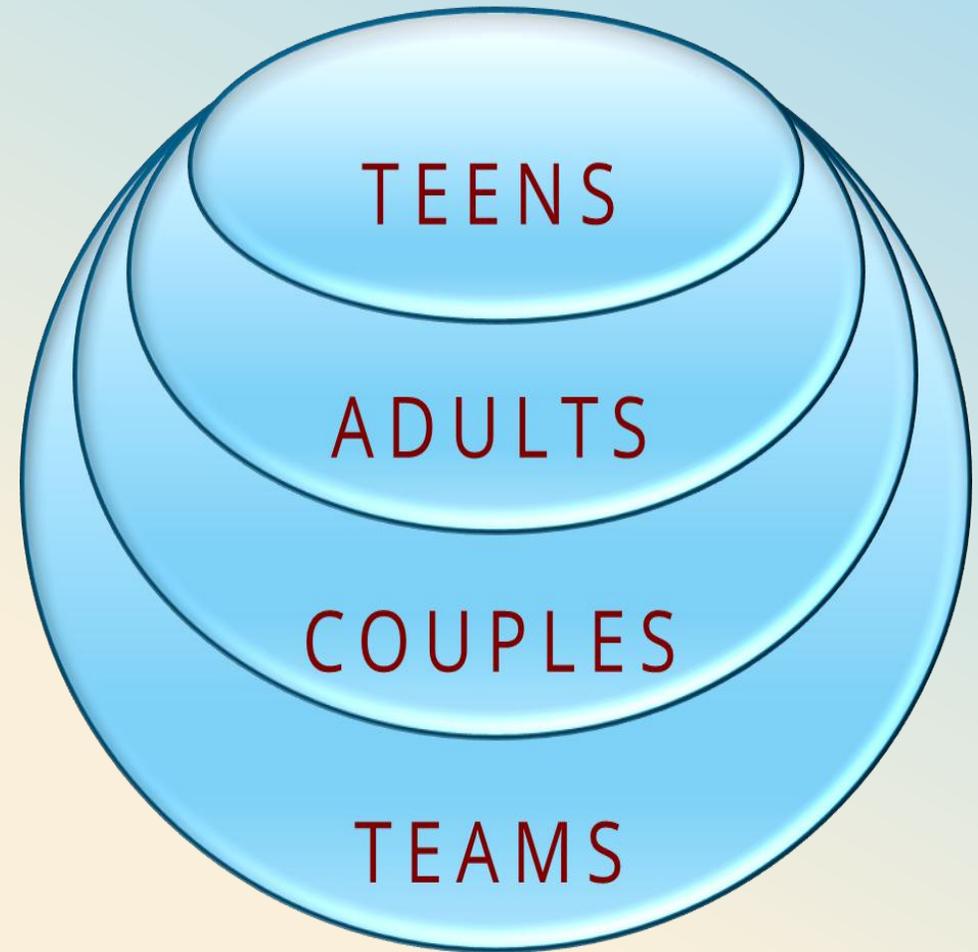


COACHING FOR



WISDOM &  
WELLNESS  
SANFORD HINDEN

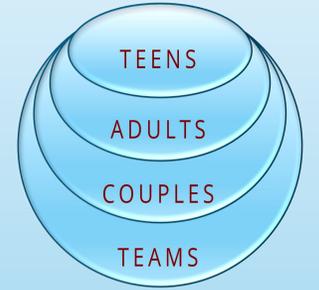
*Helping You Thrive at Every Stage of Life*

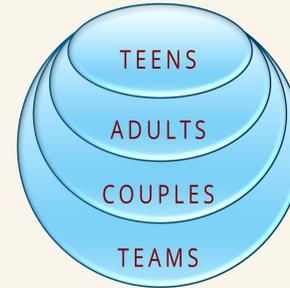


# COACHING FOR WISDOM & WELLNESS - SANFORD HINDEN



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In A Complex World  
Clarity • Connection • Growth  
One Wise Step Can Change Everything  
Helping You Thrive at Every Stage of Life  
Your Next Wise Step Can Begin Here

# How I Can Help You Thrive - Coaching for Wisdom & Wellness



Whether you're a teen navigating the challenges of growing up, an adult seeking more balance and purpose, a couple working toward deeper connection, or a team aiming to collaborate more effectively — I'm here to help.

Through my Coaching for Wisdom & Wellness, I guide people of all ages and life stages to:

- Clarify their **values** and what truly matters
- Strengthen **communication** and understanding
- Build **healthy, meaningful relationships**
- Develop **wellness habits** that support mental, emotional, and physical health
- Set and achieve **personal and shared goals** with greater confidence and clarity

This work is grounded, practical, and heart-centered — helping individuals and groups grow wiser, healthier, and more connected.

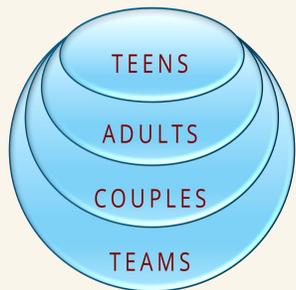
Let's begin with a free 20-minute consultation to explore what you need most right now.

Your next chapter begins with one wise step. Let's take it together.

Sanford Hinden

*One Wise Step Can Change Everything*

*Helping You Thrive at Every Stage of Life*





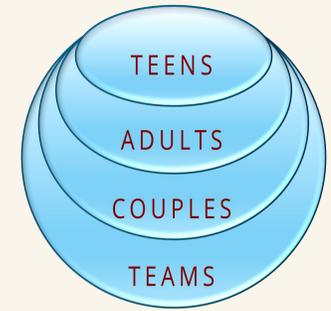
## Wisdom & Wellness Coaching In a Complex World

**For the past 15 years, I have enjoyed providing programs in libraries and on Zoom to help people grow wiser, communicate effectively, meditate, develop healthy habits, live more creative and meaningful lives, and stay out of trouble in local and global communities.**

**I am now providing these programs and more for individual teens, adults, couples, and teams on Zoom.**

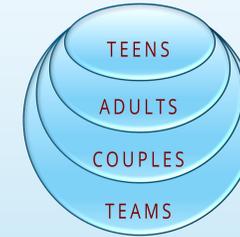
**You can contact me for a free consultation to clarify what you need to live a life of wisdom and well-being.**

**You can see some testimonials on the next page, and more starting on page 22.**





## Some Testimonials More on Page 22



**"Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met... I have learned immensely from him."**

*Ronald Gross, Columbia University*

**"I recently attending Sandy Hinden's 'Mindfulness & Meditation' workshop. I learned a great deal about my inner-self, as well as methods of meditation that will allow me to have positive energy throughout my everyday life."**

*Matt Harris Financial Industry*

**"The feedback we received was great, and I want to thank you for offering your programs to libraries. I'd love to welcome you back again in the future for another one of your presentations!"**

*Amy Mondello, Program Director, Glen Cove Library*

**"It was an excellent and detailed presentation. The pages were well-organized with clear and precise directions. I thought the give and take was excellent, and a lot of people felt connected."**

*Judith Pannullo, Executive Director, Suffolk Community Council*

**"Thank you for providing a great program. We all benefited from your knowledge. Several people in the audience thanked me for having such a wonderful program."**

*Edie Kalickstein, Program Director, Long Beach Library*

**"Thank you for moderating our weekly Conversation Circle. Each week, the conversation gets more stimulating and informative! Keeping our patrons connected and giving them a chance to discuss what's on their minds is more important than ever in these challenging times."**

*Roseanne Dorfman, Adult Programs, West Hempstead Library*



# TEEN RISKY BEHAVIOR & CORE NEEDS



## Coaching the Next Generation: Understanding Risk & Supporting Growth

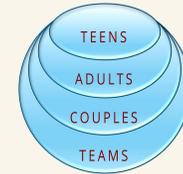
*Why do so many teens struggle today?*

*What drives risky behavior  
— and what truly helps them thrive?*

**This next section offers deep insight  
into both the root causes and the real needs  
of young people navigating today's complex world.**



## Wisdom & Wellness Coaching In a Complex World



**Over the past year,  
I have seen and heard about many young people  
engaging in risky behavior. What are the causes?**

Many young people today are engaging in risky behaviors — from substance use and reckless social media posting to dangerous stunts, premature sexual activity, or emotional shutdown.

What's behind it isn't just “teenage rebellion” — it's a complex mix of **social, emotional, environmental, and systemic pressures**. Here's a breakdown of **key causes**:

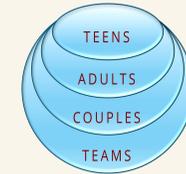
### 👉 **Root Causes of Risky Behavior in Young People** 🔍

#### **1. Emotional Dysregulation & Unprocessed Trauma**

- Many teens are struggling with **anxiety, depression, and trauma** — including family conflict, bullying, neglect, or abuse.
- Without tools to regulate emotions or process pain, they turn to **risky outlets** (e.g., cutting, drugs, risky sex, aggressive behavior) to feel something or escape.



# Wisdom & Wellness Coaching In a Complex World



## 👉 Root Causes of Risky Behavior in Young People 🔍

### 2. Lack of Meaning, Purpose, & Identity Formation

- Young people today are often **overwhelmed by choices but under-supported in purpose**.
- With little guidance on *who they are* or *why they matter*, some act out to be seen or assert control in chaotic environments.

### 3. Hyper-Exposure to Social Media & Influencer Culture

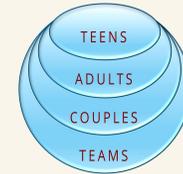
- Platforms like TikTok, Instagram, and Snapchat **reward extremes** — outrageous behavior, provocative content, or dangerous challenges.
- FOMO (Fear of Missing Out), **dopamine addiction**, and warped social comparison lead to **insecurity, impulsivity, and performative risk-taking**.

### 4. Broken Trust in Adults & Institutions

- When young people see **hypocrisy, corruption, or indifference** in adults and leaders, they may feel betrayed or cynical.
- Without trust in teachers, parents, or systems, they may believe **“nobody really cares”** — so they seek thrill, escape, or peer validation instead.



# Wisdom & Wellness Coaching In a Complex World



## 👉 Root Causes of Risky Behavior in Young People 🔍

### 5. Peer Pressure + Group Identity Crises

- Belonging is critical — and some teens will take **dangerous risks to be accepted**.
- Those without grounded inner values or supportive communities are more likely to follow others into risk for social survival.

### 6. Inadequate Emotional Education

- Schools still focus on academics and often ignore **SEL (Social-Emotional Learning)**.
- Without knowing how to process shame, anger, fear, or loneliness, many young people **externalize pain** in destructive ways.

## ✂ What Helps?

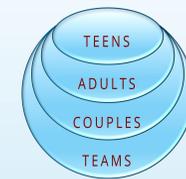
1. **Values-Based Coaching & Mentorship**
2. **Safe spaces for expression** without shame or judgment
3. **Emotional intelligence training**
4. **Authentic adult role models** who listen and lead with compassion
5. **Opportunities for creative, physical, and social flow** to channel energy constructively



# Wisdom & Wellness Coaching In a Complex World



What Young People Really Need in a Complex World



Core Need	What It Provides	Why It Matters
<b>Emotional Safety &amp; Trust</b>	A stable base where they can express feelings without fear of judgment or punishment	Without safety, they stay guarded or act out. With it, they open up and grow.
<b>Meaning &amp; Purpose</b>	A sense that their life matters, and they have something to offer	This counteracts apathy, depression, and destructive behaviors.
<b>Healthy Adult Role Models</b>	Guidance, integrity, and real listening from parents, teachers, mentors	Teens imitate what they observe. Healthy modeling teaches wisdom more than rules.
<b>Belonging Without Performance</b>	A community where they don't have to impress to be accepted	Reduces the need for risky behavior just to fit in or be noticed.
<b>Tools for Emotional Regulation</b>	Skills to handle stress, anger, sadness, and anxiety	This builds resilience and prevents outbursts, withdrawal, or harmful coping (e.g., drugs, self-harm).
<b>Opportunities for Agency &amp; Creativity</b>	Ways to make decisions, lead projects, or express themselves artistically	Builds self-worth, intrinsic motivation, and critical thinking.
<b>Boundaries + Freedom</b>	Clear limits + room to explore safely	Prevents dangerous overreach while encouraging autonomy and learning.
<b>Deep Connection to Nature or Spirit</b>	Time outdoors, quiet moments, or spiritual reflection	Grounds them in something larger than social media and peer chaos.
<b>Space to Fail &amp; Recover</b>	Encouragement to learn from mistakes without shame	Teaches growth mindset and courage instead of perfectionism or fear.
<b>Access to Wise Elders &amp; Community Wisdom</b>	Intergenerational support and perspective	Reminds them they are part of a longer story and not alone in their struggles.



## How Adults Can Show Up for Youth

### *5 Practices That Support Growth & Prevent Risk*

1. Listen without judgment
2. Set boundaries with love
3. Help them name their feelings
4. Encourage meaningful, creative expression
5. Be the role model you wish you had

COACHING FOR



WISDOM &  
WELLNESS  
SANFORD HINDEN

*Helping You Thrive at Every Stage of Life*



# Wisdom & Wellness

## Topics & Skills

for

Teens • Adults • Couples • Teams

# Without Healthy Values & Guidance, People Get Into Trouble

Teens	Adults	Couples	Teams
<ul style="list-style-type: none"> <li>• Give in to peer pressure (drugs, sex, risky behavior)</li> <li>• Develop low self-esteem and identity confusion</li> <li>• Isolate or engage in cyberbullying or online harm</li> <li>• Lack of emotional regulation → anxiety, outbursts</li> <li>• Rebel against authority without understanding the consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Burnout from overwork or ignore health</li> <li>• Use substances to self-medicate stress or trauma</li> <li>• Avoid facing emotional pain (numb, withdraw, over-consume)</li> <li>• Stay in toxic relationships or cycles of self-sabotage</li> <li>• Make impulsive decisions without values-based reflection</li> </ul>	<ul style="list-style-type: none"> <li>• Blame instead of listen → resentment grows</li> <li>• Use silence or aggression to avoid intimacy</li> <li>• Don't know how to repair after conflict</li> <li>• Prioritize outside pressures over each other</li> <li>• Repeat childhood wounds unconsciously</li> </ul>	<ul style="list-style-type: none"> <li>• Compete instead of collaborate → low morale</li> <li>• Avoid tough conversations → hidden conflict</li> <li>• Prioritize goals over people → burnout</li> <li>• Struggle with trust → silos and miscommunication</li> <li>• Leadership lacks emotional intelligence or vision</li> </ul>

# 5 Challenges in Our Difficult World

Teens	Adults	Couples	Teams
<ul style="list-style-type: none"> <li>• Pressure to succeed academically and socially</li> <li>• Anxiety, identity confusion, and low self-worth</li> <li>• Isolation, screen addiction, and loneliness</li> <li>• Peer pressure and social comparison</li> <li>• Difficulty managing emotions and stress</li> </ul>	<ul style="list-style-type: none"> <li>• Burnout from constant work–life imbalance</li> <li>• Financial strain and long-term insecurity</li> <li>• Health neglect and poor coping strategies</li> <li>• Unclear purpose or meaning in life</li> <li>• Relationship or parenting overload</li> </ul>	<ul style="list-style-type: none"> <li>• Emotional miscommunication and misunderstanding</li> <li>• Loss of connection or growing apart</li> <li>• Unresolved conflict and emotional baggage</li> <li>• Struggles with trust, intimacy, and emotional safety</li> <li>• Differences in priorities and unmet needs</li> </ul>	<ul style="list-style-type: none"> <li>• Misalignment on goals, roles, or values</li> <li>• Poor communication and interpersonal friction</li> <li>• Low morale and lack of trust</li> <li>• Resistance to change or lack of collaboration</li> <li>• Stress from high expectations and low psychological safety</li> </ul>

# Coaching Solutions for Wisdom & Wellness

Teens	Adults	Couples	Teams
<ul style="list-style-type: none"> <li>• Build confidence, clarify identity, and ease anxiety</li> <li>• Strengthen interpersonal and self-expression skills</li> <li>• Support academic focus and future planning</li> <li>• Encourage real connection beyond screen addiction</li> <li>• Develop resilience, decision-making, and peer awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Clarify values and life direction to reduce stress</li> <li>• Create sustainable routines for health and wellbeing</li> <li>• Address burnout and rekindle motivation</li> <li>• Replace unhealthy habits with wellness strategies</li> <li>• Set realistic goals and celebrate progress</li> </ul>	<ul style="list-style-type: none"> <li>• Improve communication and emotional safety</li> <li>• Rebuild trust and strengthen intimacy</li> <li>• Navigate life transitions together</li> <li>• Establish shared vision and priorities</li> <li>• Deepen empathy and support each other's growth</li> </ul>	<ul style="list-style-type: none"> <li>• Align goals, roles, and shared purpose</li> <li>• Build emotional intelligence across the team</li> <li>• Resolve conflict through constructive dialogue</li> <li>• Cultivate a culture of respect and cooperation</li> <li>• Enhance team morale, accountability, and flow</li> </ul>

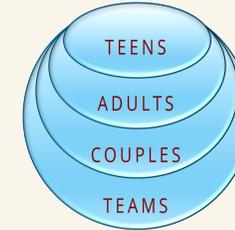


# Topics, Skills & Interests

1. Values for Living Well
2. Communications Skills
3. Developing Healthy Relationships
4. Healthy Habits for Wellness
5. Reaching for Your Goals



# Fee Plans



For	60 Minutes	90 Minutes
Individuals	\$75	\$200
Couples	\$100	\$250
Teams	\$150	\$350



## Book a 20-Minute Free Consultation

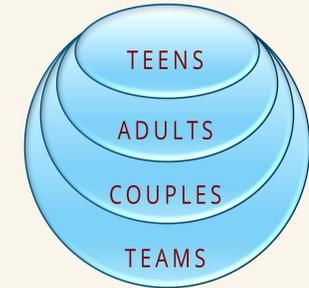
1. Your Topic, Skills, Interest
2. Your Fee Plan
3. Your Preferred Schedule



# TESTIMONIALS



## Testimonials

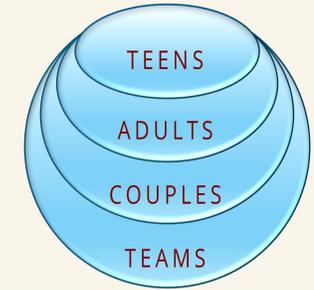


"I recently attending  
Sandy Hinden's 'Mindfulness & Meditation' workshop.  
His knowledge covers a broad range of topic areas.  
His presentations are delivered with great insight, passion,  
and relaxation techniques that are beneficial both personally  
and professionally. I learned a great deal about my inner-self,  
as well as methods of meditation that will allow me to  
have positive energy throughout my everyday life.  
I strongly encourage anyone to attend his workshops."

*Matt Harris*  
*Financial Industry*



## Testimonials

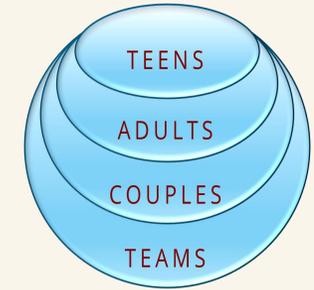


“If you are looking to be in a better world, or at least wanting to know what positive people are doing in the world to make it a better place, follow Sanford Hinden’s guidance. The years this man has studied peace and enlightened living are extraordinary. He can bring you a lifetime of good values and ethics that should not be missed. In a world of chaos and selfishness, you can pass these teachings on to all ages, especially our younger generation. He provides a foundation of good values, showing there is a better way to live.”

*John G. Cohan*  
*Entrepreneur*



## Testimonials

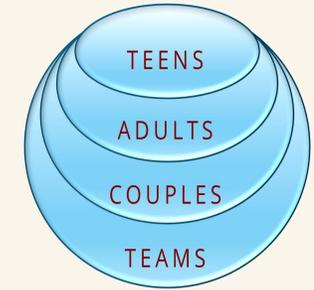


“Thanks so much  
for yet another great program!!  
I heard great feedback from our patrons.  
I just came in from a meeting and was met by my  
coworker who told me that our patrons LOVED your program.  
The feedback we received was great, and I want to thank you  
for offering your programs to libraries. I'd love to welcome you  
back again in the future for another one of your presentations!”

*Amy Mondello*  
*Program Director, Glen Cove Library*



## Testimonials

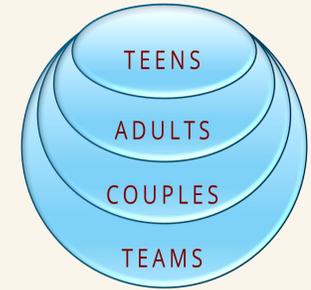


“It was a pleasure to meet you and greet you in person. Once again, thank you for providing a great program. We all benefited from your knowledge. You managed to hold our interest from beginning to end. The role-playing really added to the experience. Several people in the audience have thanked me for having such a wonderful program. I hope you had fun.”

*Edie Kalickstein*  
*Program Director, Long Beach Library*



## Testimonials

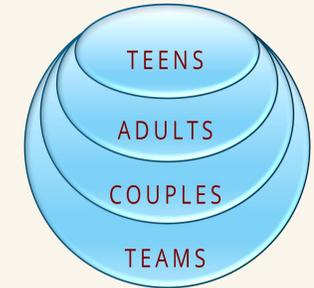


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*Judith Pannullo, Executive Director,  
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## Testimonials



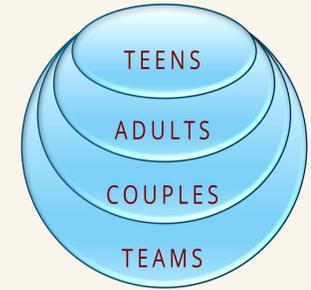
“Sanford Hinden is one of the most humane, compassionate, loving human beings I have ever met. He speaks and acts from deep wisdom about what people need – and what the world needs now. I trust him and have learned immensely from him.”

*Ronald Gross*

*Founder/Director, Conversations New York  
Co-chair, University Seminar on Innovation,  
Columbia University*



## Testimonials

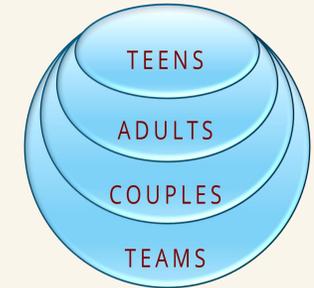


“Thank you for moderating our weekly Conversation Circle. Each week, the conversation gets more stimulating and informative! Everyone loves the sessions and are so happy to see each other, even if it can only be virtually! Keeping our patrons connected and giving them a chance to discuss what's on their minds is more important than ever in these challenging times.”

*Roseanne Dorfman*  
*Program Coordinator, West Hempstead Library*



## Testimonials



“Thanks for a wonderful workshop experience.

The conversations, the graphics, and the handouts all worked to improve my sense of self and others, as we better learn how to communicate with peace and love in our hearts.

The model of the Parent-Adult-Child process is one I have experience with. Your synopsis was well taken, as is the notion of its importance in developing skill sets for improved personal and interpersonal communication and love.”

*Chuck Perretti,  
Workshop Participant, Setauket, New York*

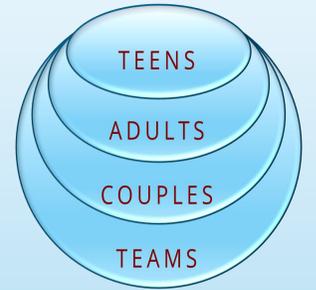


**ABOUT**



## ABOUT SANDY HINDEN

Sandy is a global educator, providing programs for NGOs and libraries in person and on Zoom. He worked locally, nationally, and globally, developing organizations, projects, and programs for peace, the environment, health, human services, education, and the arts.



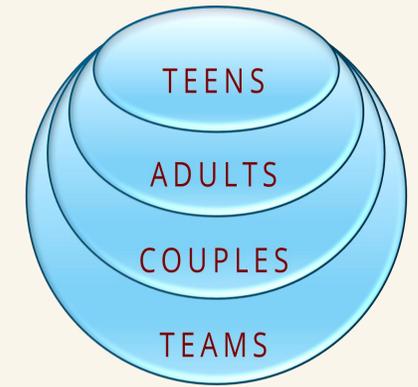
<b>2010-Pres</b>	<b>Presenter</b>	<b>Library Programs in Personal Development, Communication, and Social and Global Development</b>
<b>2024</b>	<b>Author</b>	<b>Positive Habit Improvement, eBook</b>
<b>2022-Pres</b>	<b>Founder</b>	<b>Wisocracy for Wise Democracy, Wise People, Wise Leaders &amp; Wise Systems.</b>
<b>2012-Pres</b>	<b>Founder</b>	<b>Sacred Earth Economics, Commonwealth for Earth &amp; Humanity</b>
<b>2002-2014</b>	<b>Exec. Dir.</b>	<b>Dix Hills Performing Arts Center, Five Town College</b>
<b>2009</b>	<b>Author</b>	<b>7 Keys to Love – Opening Love’s Door to Joy &amp; Wellbeing</b>
<b>2005</b>	<b>Founder</b>	<b>Long Island Men’s Center</b>
<b>1998-2002</b>	<b>Program Dir. &amp; Fundraiser</b>	<b>Suffolk Community Council, Three Village Boys &amp; Girls Club, Central Suffolk Hospital</b>
<b>1995-1998</b>	<b>Founder</b>	<b>Metropolitan Peace Museum Project</b>
<b>1979-1985</b>	<b>Founder</b>	<b>UN Affiliated Programs - Universal Children’s Gardens, Concert for the Earth</b>



**CONTACT**



## Let's Begin with One Wise Step



Whether you are  
an individual, a couple, or a team,  
I invite you to start with a free 20-minute consultation.  
Together, we can clarify the next step on your path  
to wisdom, wellness, and meaningful growth.

I look forward to hearing from you.

*Sanford Hinden*

COACHING FOR



WISDOM &  
WELLNESS  
SANFORD HINDEN

*Helping You Thrive at Every Stage of Life*

**Sanford Hinden**

**1-516-815-4967**

**[sanfordhinden@gmail.com](mailto:sanfordhinden@gmail.com)**

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