

# HELENA RADESON

PERFORMANCE COACH & CHANGE CONSULTANT

+41 79 284 25 31 | [hallo@helenaradeson.com](mailto:hallo@helenaradeson.com) | [www.helenaradeson.com](http://www.helenaradeson.com)



## Coaching Program Content

Go where you want to go!

### Part 1: Set Up

- 1 Matching Session
- x Coaching Sessions
- x Check-in Sessions
- 1 De-brief Session

### Part 2: Results

- Unblocked inner & external obstacles to growth
- Clarity in next steps
- Improved relationships

# Part 1: Set Up Detailed

## **Matching Session:**

Why?

Match – Non-Match Decision for us both – “Do we want to work together, does it feel good?”

What?

No strings attached discussion to

- Explore chemistry in between us - "Do we work?"
- Touch on what the program could be about - "What is your need?"
- Share my coaching principles - "What can you expect?"
- Encourage to think - "What would this look like for me?"

How?

30 minutes video call

## **Coaching Sessions:**

Why?

To create a safe space and help you reach into yourself to resolve confusion and blockers and instead bring clarity, direction and action.

What?

In-depth sparring sessions using coaching techniques, exercises and tools. Steered by specific objectives in the work, home or inner space, or open ended.

How?

Max 60 minutes live, voice call or video call sessions as per need and possibility

## **Check-in Sessions:**

Why?

To stay on track in the growth journey, keep the direction steady, hold accountability to set activities and immediately handle challenges, questions, thoughts or insights.

What?

Short, on-demand sessions in between the longer ones, a 911 for successful and accelerated personal growth.

How?

Max 15 minutes voice call, sms, chat, mail, video, live as per need and possibility.

## **Program De-brief:**

Why?

To allow for feedback on format: timings, frequency, method plus frame next steps.

What?

Feedback via a quantitative and qualitative survey.

How?

Max 30 minutes video call.