

6-day

HELENA RADESON

**goal
challenge**

INTRO

Tired of dreaming, hoping, procrastinating...?

Ready to get where you want to go?

You up for a challenge?

Take the 6-DAY GOAL CHALLENGE and get used to hearing yourself saying YES - I did it! 🌟

Each day will take you through the next crucial step to stop procrastinating and start getting where you want to go!

On Day 6 you'll be equipped with the full recipe for reaching your goal and after that comes the real fun - IRL practice!

I'll be here to support you, just send me a message via the Contact page.

Let's do this!

For theoretical background;

The set-up of the 6-DAY GOAL challenge is partially based on WOOP, a science based mental strategy developed by Psychology Professor Gabrielle Oettingen. In a nutshell, WOOP revolutionizes standard goal realization theories by adding radical realism: Planning for what's going to get in the way of you reaching your goal. When I was introduced to the theory it immediately resonated with me as what I through my business life have always referred to as 'the pragmatic approach'. I love it. And it works. Win-win.

In my version I add another one of my biggest keys to success in the commercial world: following through from theory to reality. I know from corporate experience and from my current clients that the implementation is where it starts slipping... bringing us to the ultimate game changer - accountability.

Take my 6-day 'Get where You want to' GOAL challenge for the full experience!

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