

RECOVERY

Coaching

Come and Learn Recovery Coaching!

Our course is highly suitable for people at any stage of recovery, who wish to become more resilient, learn new skills and step out of their comfort zone! The training is delivered in a fun and structured manner, every session is interactive and encourages you to reflect on and share your own recovery journey, using the concepts you will be learning!

1. Introduction to Coaching.
2. Our Learning Journeys and The Cycle of Change.
3. Recovery Capital.
4. Learning Styles.
5. Resilience and Personal Values.
6. Self Talk and Emotional Intelligence.
7. Trauma and Recovery.
8. Calming and Clearing, Brain Recovery.
9. Rapport, Trust, Confidentiality, Boundaries.
10. Active Listening, Powerful Questions.



email: training@recoverycoachingscot.org to book your place!



Recovery Coaching Scotland

Recovery, Resilience and Trauma Coaching