

# RECOVERY

## Coaching

### Self Coaching Scottish Borders

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 by people with lived experience, 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 Self-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. Calming and Clearing, Brain Recovery.
8. Rapport, Trust, Confidentiality, Boundaries.
9. Active Listening, Powerful Questions.
10. Trauma informed approach to Recovery.

For more information or to book your place ->  
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