



What is a Recovery Coach? Anyone interested in promoting recovery by removing barriers and obstacles to recovery and serving as a personal guide and mentor for people seeking or already in recovery.

The CCAR Recovery Coach Academy© is a 5-day intensive training academy focusing on providing individuals with the skills need to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs. Provided in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants by helping them to actively listen, ask really good questions, and discover and manage their own stuff.

CCAR Recovery Coach Academy® participants will:

- Describe Recovery Coach role and functions
- List the components, core values and guiding principles of recovery
- Build skills to enhance relationships
- Explore many dimensions of recovery of recovery and recovery coaching
- Discover attitudes about self disclosure and sharing your story
- Understand the stages of recovery
- Describe the stages of change and their applications
- Increase their awareness of culture, power and privilege
- Address ethical and boundaries issues
- Experience recovery wellness planning
- Practice newly acquired skills

Each day of the Recovery Coach Academy© is set up so that participants gain the necessary skills and knowledge to be a Recovery Coach by using the principles behind adult learning theory which states:

- Adults are internally motivated and self-directed
- Adults bring life experiences and knowledge to learning experiences
- Adults are goal oriented
- Adults are relevancy oriented

All participants who attend in full, will receive a **Certificate of Achievement** upon completion of an online evaluation after the CCAR Recovery Coach Academy©.

- Dates:** Monday January 22, 2018 to Friday January 26, 2018
- Times:** 8:45am - 4:00pm
- Location:** Training Room #1 at Hypertherm Inc. 71 Heater Road Lebanon, NH 03766
- Cost:** Free, limited space for 30 attendees
- Register by 1/15/18:** Bridget Aliaga, 603-653-6821
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