

## **Recovery and Wellness Coaching Programme**

Please note that this 10 session programme assumes you have had preliminary session / meeting with a client and that they have decided to set up a recovery to wellness coaching relationship with you.

Please note that designing the initial session / meeting mentioned above will be dealt with in later modules.

### **Sessions Summary**

#### **Session 1**

##### **Design and Orientation**

Relationship design, general orientation, information about RW coaching  
How it works, expectations and boundaries, specific agreements

#### **Session 2** (extended session)

##### **Information**

Who are you? What's the narrative? What's the future? What's the data?  
What else is surrounding the client that is at this stage important?  
Getting to know the eco system

#### **Session 3**

##### **Resources**

What's in the system? What's in the kit? Personal strengths, Overview of system relationships,  
Economic resources

#### **Session 4**

##### **Meaning, Values, Movement**

Life meaning and purpose, what wants to change? What wants to happen? Goals,  
Motivational direction

#### **Session 5**

##### **Self-Knowledge**

Assets, strengths, unknown, becoming  
Barriers – blockages, scripts (Gremlins), defenses

## **Session 6**

### **Into Action**

Planning, allies, relationships, circles of support

## **Session 7**

### **Expanding the world**

Other dimensions (spiritual, meditative, contemplative, non-verbal etc)

## **Session 8**

### **Working with Relationships**

Self, others, community

## **Session 9**

### **The emerging challenges – the emerging road**

Re designing the relationship, re defining meaning. What needs to change?

## **Session 10**

### **The Bridge**

Renew, re commit, re design