

RECOVERY AND WELLNESS COACHING PRINCIPLES

CORE PRINCIPLES

1. Recovery and Wellness always comes from the person developing Recovery and Wellness
2. The Recovery and Wellness process increases an individual's self-knowledge and ability to make choices.
3. Recovery and Wellness develops through relationship with self, others, systems and communities.
4. People developing Recovery and Wellness are complete in the present moment and yet continuously changing.

FURTHER PRINCIPLES

5. A recovery and wellness coach is anyone committed to promoting recovery and wellness from a person's particular condition by connecting them with recovery and wellness support services designed to build recovery and wellness capital, generate individualized recovery and wellness options and assist them to remove barriers to recovery and wellness.
6. The recovery and wellness coach is and should be non-clinical since it does not involve counselling or treatment interventions; diagnosis and assessment; or other medical, psychiatric or psychological services.

7. Personal recovery, lived experiences, and wellness bring a unique and significant benefit to recovery and wellness coaching.
8. The client is the decision maker in all aspects of the recovery and wellness coaching relationship and the client determines the background, experience and recovery status of a recovery and wellness coach supporting them.
9. The recovery and wellness coach role is based upon mutual respect, trust and honesty with the central task of meeting the client where they are in their recovery and wellness process, identifying their goals and assisting them to achieve them.

It is the responsibility of the recovery and wellness coach to ensure clients are fully informed of and consent to the scope, limitations, requirements and nature of the coaching relationship.

10. Recovery is an individualized process of change designed to eliminate the negative, harmful and disharmonious impacts of the particular condition of the person while increasing health, wellness, and purpose.
11. A recovery and wellness coach always respects a client's definition and goals for recovery keeping in mind that people are in recovery when they say they are in recovery.
12. Recovery and wellness coaches value and respect all recovery pathways regardless of differences, individual philosophy, treatment modality, religious affiliation or recovery orientation.
13. Recovery and wellness coaches do not promote or endorse any particular treatment approach, methodology or pathway that may or may not be useful to a client

