

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