



## RECOVERY COACH/LIFE COACH I

### Empower your community!

Recovery/Life Coaches work with people to become the best versions of themselves by removing barriers and obstacles to change and empowering those people who are seeking support and resources to improve themselves. Recovery Coach I/Life Coach I focuses on providing individuals with the skills needed to guide and support anyone who would like to improve their life. Recovery Coach I/Life Coach I prepares participants by honing active listening, asking appropriate questions, and discovering ways to help the coachee manage their own issues and discover resources. Upon completion of the in-person portion of the class, students are required to complete 16 clinical training hours. Once all requirements are completed, students receive three third-party college credits from WV Higher Education.

*GRaCE is an Approved Provider through WVCBAAP (for PRSS) and we offer CE's for Registered Nurses and Social Workers.*

Upon completion of this course, students will be able to:

- Describe the role of the Recovery/Life Coach and their functions
- List the components, core values and guiding principles of recovery
- Explore social and emotional well-being
- Build skills to enhance relationships
- Describe the impact of stigma.
- Explain the importance of active listening
- Apply motivational interviewing
- Explore many dimensions of change and coaching
- Discover attitudes about self-disclosure and sharing your story
- Explain Asset Based Community Development
- Describe the stages of change and their applications
- Increase awareness of culture, power, and privilege
- Explore trauma, ACE's, resiliency, including growth mindset
- Address ethical and boundary issues
- Experience goals setting and planning
- Describe advocacy and its importance
- SMART goals
- Practice newly acquired skills

For more information about upcoming classes, please go to [www.StrengthenGRaCE.com](http://www.StrengthenGRaCE.com).



This training is for anyone who is interested in becoming a Recovery or Life Coach. This training utilizes a dynamic approach to learning that blends both process and content. Each student will receive the following with the completion of this course:

- Recovery Coach I certificate
- Life Coach I certificate
- Three college credits through WV Higher Education
- Naloxone training
- Inclusion in a large, supportive network

**GRaCE**  
Greater Recovery and Community Empowerment