



# RECOVERY COACH ACADEMY

The CCAR Recovery Coach Academy© is a 5-day intensive training academy designed to provide individuals with an understanding of both the art and science of Recovery Coaching. Delivered in a retreat like environment, the CCAR Recovery Coach Academy© prepares participants to guide and mentor others in recovery from an addiction to alcohol and or other drugs. By focusing on the goals of the individuals being served, participants will learn the key fundamentals of this rewarding work, which CCAR has identified as actively listening, asking really good questions, and treating people as their own best resource, all while discovering and managing our own stuff.

## CCAR RECOVERY COACH ACADEMY© PARTICIPANTS WILL:

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

**This training provides 30 CEUs/Contact Hours.**

DATES + TIMES		
Session 1	Monday, March 10	8:30am – 4:30pm
Session 2	Tuesday, March 11	8:30am – 4:30pm
Session 3	Monday, March 17	8:30am – 4:30pm
Session 4	Tuesday, March 18	8:30am – 4:30pm

LOCATION
Full Circle Recovery 4725 Merle Hay Road Suite 107 Des Moines, IA 50322

FACILITATORS
Jodie Huju, RCP, RCPF – Full Circle Recovery Tracy Gryp, RCP, RCPF – Full Circle Recovery Cindy West, RCP, RCPF – Full Circle Recovery

REGISTRATION
The cost of the Recovery Coach Academy is <b>\$350/person</b> , and includes the manual, light snacks, water/coffee, and lunches. <b>Limit of 20 participants.</b>
Register here: 
<i>*Scholarships available for eligible participants.</i>

