



## **Certificate in Self Coaching – Course Overview.**

The certificate in Self Coaching is a Ten session course in Recovery Self-Management, it covers many Recovery Coaching Concepts and builds a knowledge base for individuals to manage their own recovery. The training is delivered in a fun and structured manner, every session is interactive and encourages the participants to reflect on and share their own recovery journey, using the concepts delivered in the learning session.

There is a short assessment after every session, which is collected and marked, the successful completion of each of the ten assessments generates the certificate in Self Coaching. The course is highly suitable for people in recovery, who wish to make the transition into being a recovery volunteer or peer mentor and further training is available to build upon this as a foundation.

Although the training is non-accredited, the materials have previously been assessed to SCQF Level 5 equivalent. The training is delivered in dynamic group settings, the sessions are generally between 3-4 hours long, with regular opportunities for feedback, real-play and lots of fun!

### **Session 1 – Introduction to Coaching.**

Covers:

- What is coaching? The difference between Coaching, Mentoring and Counselling.
- Looks in depth at Comfort Zones and Introduces the Cycle of Change/Process of Transition and Stages of Learning.

### **Session 2 – Our Learning Journeys and The Cycle of Change.**

Covers:

- Why can learning be difficult?
- Comfort zone refresher.
- Cycle of Change – Real Play Exercise around Cycle of Change and group assessment.
- Goal Setting.

### **Session 3 – Recovery Capital.**

Covers:

- Introduces the concept of Recovery Capital.
- Explanation of recovery Capital Domains.
- Recovery Capital Reality.
- Explain the concept of the recovery wheel/Outcomes Star.
- Candidates assess each other's Recovery Capital using Recovery Star/Action Planner model.



## **Session 4 – Learning Styles.**

Covers:

- Introduces the Concept of Learning Styles.
- Candidates Assess their own Learning Styles.
- Candidates reflect on any recovery related issues attributed to learning styles.
- Multiple Intelligences.

## **Session 5 – Resilience and Personal Values.**

Covers:

- What is resilience?
- Resilience matrix.
- Reflexive loop – our lens on the world.
- Personal Values & Beliefs discussion and exercise.
- Personal Values Assessment.

## **Session 6 – Self Talk and Emotional Intelligence.**

Covers:

- What is emotional intelligence?
- Self-Awareness.
- Emotions and the danger zone.
- Top Tips for Emotional Wellbeing.
- What is self-talk?
- Self-talk cycle.
- Self-talk in recovery.

## **Session 7 – Calming and Clearing and Brain Recovery**

Covers:

- Calming and Clearing exercise and STOP Technique.
- The importance of calming and clearing to learning.
- Naming emotions and noticing what you notice.
- The recovering brain.



### **Session 8 – Rapport, Trust, Confidentiality, Boundaries.**

Covers:

- Connecting with others: group discussion.
- How not to build rapport: video and exercise.
- Basics of building rapport.
- What are Boundaries, why are they important?
- Why is trust important?
- Trust questions.

### **Session 9 - Active Listening, Powerful Questions.**

Covers:

- What is Active listening?
- Active listening exercise.
- What is Powerful Questioning?
- Peer to Peer Exercise using Wisdom Access Questions.
- Giving Useful Feedback.
- Peer to Peer Exercise giving useful feedback.

### **Session 10 – A Trauma Informed Approach to Recovery.**

Covers:

- Definitions of Trauma.
- Adverse Childhood Experiences (ACES's).
- Resilience and Toxic Stress.
- The Language of Trauma & Adversity.
- Trauma Cycle/Trauma & The Brain.
- Impact of Trauma/Protective Factors.

The format of the training is interactive, with discussion, real play, videos, and assessments, both written and in a group scenario.

All candidates receive high quality learning materials, handouts, and will have their assessment documents marked and returned to them as part of the course and gaining the certificate.