

# RECOVERY COACHING 101

## Goals Of A Recovery Coach

Connect People With  
Recovery Support Services

Promote Lasting Recovery

Encourage Hope, Optimism,  
& Healthy Living Routines

Help To Remove Barriers



*"A recovery coach is someone interested in promoting recovery by assisting recoverees to identify and overcome barriers to recovery, develop recovery capital, and by serving as a recovery guide & companion for those seeking or sustaining recovery."*



## A Recovery Coach is NOT

Sponsor - Counselor - Nurse

Doctor - Attorney - Religious Clergy

## Roles & Responsibilities of a Recovery Coach

### Motivator & Cheerleader

Believes In Recoveree's Ability to Change  
Encourages - Motivates - Celebrates

### Ally & Confidant

Loyal - Actively Listens - Trustworthy -  
Stable - Consistent - Non-Judgemental

### Community Organizer

Helps Establish A Support Network For  
The Recoveree - Serves As A Connector

### Truth-Teller

Provides Honest & Helpful Information -  
Offers Suggestions - Helps In Identifying  
Behavior Patterns - Does Not Sugar Coat

### Role Model & Motivator

"Walks the Talk" - Example Of Healthy  
Living - Provides Stage Appropriate  
Recovery Information - Can Show How

### Resource Broker

Provides Linkages To The Recovery  
Community, Various Treatments, & Other  
Supports - Knows System Of Care & How  
To Navigate It - Has Established  
Contacts/Partnerships In The Community

### Advocate

For Both The Recovery Community & The  
Recoveree - Assists Recoveree With  
Protecting Their Rights - Acts As A  
Representative For The Recoveree

### Lifestyle Consultant

Offers Feedback On Recovery Lifestyle -  
Focuses On One's Recovery and Wellness  
- Discusses Healthy Choices

### Problem Solver

Identifies Potential Problem Areas - Guides  
Recoveree in Discovering Their Options -  
Assists In Problem-Solving

