

Accreditation

What you get and what it means to future employers

Certificate in Self Coaching Course is 2 credit points at SCQF 5 (equivalent to SVQ level 2)

Certificate in Recovery Coaching is 4 credit points at SCQF 7 (equivalent to SVQ level 3)

Staff from your agency can also be trained as trainers and your organisation approved as a delivery centre for in-house delivery on the training whenever you want it.

By becoming a **Recovery Coach Trainer** you can ensure that future costs to your organization are kept low for courses that are run in-house.

Support for active coaches

We encourage everyone who becomes a full Recovery Coach to stay in touch with other coaches and look after their ongoing development as a coach.

It is also good to ensure we have back up support for ourselves as coaches. Therefore we run regular Action Learning Sets (ALS) for coaches to meet, share experiences and think through practice issues.

This is included in the costs of the training packages and ensures Quality Assurance is being maintained throughout the country.

Costs

Course	Costs
Self Coaching 6 x 1/2 days or 3 full days 6-14 people	£2,500 (+ travel and venue)
Recovery Coaching A further 2 .5 full days plus 12 hours additional coaching practice required 3 action learning sets Final assessment day. 6-12 people	£3,500 (+ travel and venue)
Training for Trainers Different course for each Certificate to be delivered	£2.000 per course (+ travel and venue)

Interested?

Contact Email: kim@comas.org.uk
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Recovery Coaching Courses

"it helped me to realise that I needed to look at things differently"

"I this is the best professional training I have ever had in 15 years in this line of work"

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What is Recovery Coaching?

Human beings are capable of change, and when we want to change, the key resource is within us. A coach helps us work out what change we want, and how to make change in our lives that will last.

At any stage of recovery people may want someone to help them:

- reflect on how their life is going, and where they want to get to
- explore a specific aspect of their life and make some progress
- consider what makes them tick and what 'holds them back' in their personal development

A **Recovery Coach** can help people in recovery by acting as a facilitator for this process. A Recovery Coach can help people to explore any aspect of their lives, and is especially interested in areas of life which contribute towards a happy, fulfilled and sustained recovery.

Self Coaching is the process of using tips and techniques to help understand ourselves better

Self Coaching

Self Coaching is a 6 session course focusing on:

Self awareness

Self Management

People Skills

It is a fun course which involves participants in exercises and discussion focused on how our brains work and how our minds work, our uniqueness as individuals and what happens when different individuals interact with one another. It explores different ways we can help ourselves to achieve the goals we want in our recovery.

Each session lasts around 4 hours and we encourage participants to attend all 6 sessions. A workbook is provided for participants and completion of this is part of the accreditation process should you want to gain a qualification.

For people who want to go on to become a Recovery Coach, this course is an essential introduction.

Qualification: SCQF 5 (equivalent to SVQ 2)



Recovery Coaching

Recovery Coaching continues from the Self-Coaching course with a further five sessions:

Coaching as a support to others

The Skilled Recovery Coach

The Reflective Practitioner

Case Study Coaching

In addition to these sessions, participants are required to spend additional time coaching another course participant and being coached, to ensure you get plenty of practice in coaching skills, before coaching someone in your recovery community to complete the course.

This course is a really positive step towards helping others in their recovery, for people who already feel stable and strong in their own recovery. Ideal for peer supporters.

Again, the course is very interactive and is supported with a workbook for participants to complete for their accreditation.

Qualification: SCQF 7 (equivalent to SVQ 3)

