



Recovery Coaching Basics© - Breakdown of Hours

Time in Minutes - Day One

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome and Introductions			35		
Overview of Program			10		
Active Listening	10				
A Place for Elephants	15				
Spectrum of Attitudes	30				
Exploring Addiction		35			
Stigma and Labels			45		
Stages of Change		30			
What is Recovery		30			
Stages of Recovery		30			
Multiple Pathways of Recovery		30			
Building Recovery Capital		20			
Advocacy	20				
Elephant/Closing	20				
Times are approximate	95	175	90	0	
Day One Total (in hours)	1.583333333	2.916666667	1.5	0	



Recovery Coaching Basics© - Breakdown of Hours

Time in Minutes - Summary

CCAR Total Hours:	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Free
6 hours	1.58333333	2.91666667	1.5	0	