



## Recovery Coaching and Professionalism© - Breakdown of Hours

### Time in Minutes - Day One

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome, Introduction of Presenters and Participants	45				
Working Agreements	15				
Professionalism	45				
Accountability	60				
Appearance	75				
Journal	15				
Etiquette				30	
Communication	60				
Pluses/Wishes/Closure	15				
<b>Times are approximate</b>	<b>330</b>	<b>0</b>	<b>0</b>	<b>30</b>	
<b>Day One Total (in hours)</b>	<b>5.5</b>	<b>0</b>	<b>0</b>	<b>0.5</b>	



## Recovery Coaching and Professionalism© - Breakdown of Hours

### Time in Minutes - Day Two

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome, Agenda, and Reconnection	25				
Huddles and Mingles/ Review of Yesterday	30				
Reliability				30	
Ethics				30	
Boundaries				30	
Demeanor				60	
Journal	15				
Maintaining Poise				60	
Organization	40				
Competency	20				
Pluses/Wishes/Closure	20				
<b>Times are approximate</b>	<b>150</b>	<b>0</b>	<b>0</b>	<b>210</b>	
<b>Day Two Total (in hours)</b>	<b>2.5</b>	<b>0</b>	<b>0</b>	<b>3.5</b>	



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### Time in Minutes - Summary

CCAR Total Hours:	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Free
12 hours	8	0	0	4	