



Spirituality and Recovery Coaching© - Breakdown of Hours

Time in Minutes - Day One

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome			15		
Introductions			45		
Overview of Program and Working Agreements			20		
Five Minute Meditation			5		
What is Spirituality?			30		
Vocabulary of Spirituality			35		
Personal Beliefs			35		
Recentering Silence			10		
Two Dimensions of Spirituality			10		
Principles and Principal			45		
What is Morality?			45		
The Paths of the Spiritual Seeker			30		
Reflection Letter/Questions/Feedback			35		
Times are approximate	0	0	360		
Day One Total (in hours)	0	0	6	0	



Spirituality and Recovery Coaching© - Breakdown of Hours

Time in Minutes - Day Two

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Lunch/ Breaks
Welcome			5		
Ten Fingers			5		
Acquaintance and Review			20		
Five Minute Focus Time			5		
Expectations of a Recovery Coach			25		
“Understanding” God			45		
Religion - Positives and Negatives			40		
Agnosticism and Atheism Challenges			25		
The Sacred Sequence of Relationships			30		
The Spiritual Power of Stories			45		
40 Ways to Know the Will of God			30		
The Risks and Blessings of Boundaries			30		
Prayer and Meditation			30		
Reflection of the Experience/Letter/Closing			25		
Times are approximate	0	0	360	0	
Day Two Total (in hours)	0	0	6	0	



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Time in Minutes - Summary

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