



Advanced Academy for Recovery Coaches© - Breakdown of Hours

Time in Minutes - Day One

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics
Welcome, Introduction of Presenters and Participants	35			
Creating a Safe Place, Working Agreements	15			
My Practice Assessment	20			
Mastery of Recovery Coaching	30			
Professional Development				45
Advanced Listening Skills			40	
Mindfulness			40	
Self-Awareness	45			
Feeling Wheel			45	
Emotional Intelligence			45	
Times are approximate	145	0	170	45
Day One Total (in hours)	2.41666667	0	2.83333333	0.75



Advanced Academy for Recovery Coaches© - Breakdown of Hours

Time in Minutes - Day Two

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics
Welcome, Agenda, and Reconnection	15			
Huddles and Mingles	30			
Vulnerability			60	
Quest for the Question	75			
Curiosity	60			
Truth-Teller	60			
Practicing the Art of Questioning	60			
Times are approximate	300	0	60	0
Day Two Total (in hours)	5	0	1	0



Advanced Academy for Recovery Coaches© - Breakdown of Hours

Time in Minutes - Day Three

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics
Welcome, Agenda, and Reconnection	15			
Huddles and Mingles	30			
Transformed People, Transform People	30			
Soul Sickness			65	
What Does Love Got to do With It?			65	
Discovering and Managing My Own Stuff				60
Personal Expectations				
Multiple Pathways of Recovery	35			
Biases				30
Coaching People Closest to You				30
Times are approximate	110	0	130	120
Day Three Total (in hours)	1.83333333	0	2.16666667	2



Advanced Academy for Recovery Coaches© - Breakdown of Hours

Time in Minutes - Day Four

Module	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics
Welcome, Agenda, and Reconnection	15			
Huddles and Mingles	30			
Compassion Fatigue and Self Care				75
Art of Recovery Coaching	60			
SMART Goals	60			
Questions I Still Have	60			
Closing Notes	60			
Times are approximate	285	0	0	75
Day Four Total (in hours)	4.75	0	0	1.25



Advanced Academy for Recovery Coaches© - Breakdown of Hours

Time in Minutes - Summary

CCAR Total Hours:	Recovery Coaching/ Advocacy	Mentoring/ Client Education	Recovery Wellness/ Support	Ethics	Free
24 hours	14	0	6	4	
24 hours					