



YOUTH LIFE COACH/RECOVERY COACH ACADEMY

EMPOWERING YOUTH AND YOUNG ADULTS IN LIFE'S JOURNEY.

There is an increase of individuals seeking help from trauma, mental illness and or addiction at a younger age. These traumas can come in many forms, from substance use disorder, Covid and other personal crises; we look at recovery from all difficulties. Youth Life/Recovery Coaches who speak the language of a younger generation can greatly impact their access to sustained long-term social and emotional learning recovery.

Youth Life/Recovery Coaches promote recovery by removing barriers and obstacles to social, emotional and growth mindset learning and serving as personal guides and mentors for young people who are seeking help with life transitions and their journey to adulthood.

GRaCE (Greater Recovery and Community Empowerment) provides the training to enhance the skills of youth and those individuals who will be supporting youth on their life journey. We believe this groundbreaking, game changing training is one of the best available for anyone interested in life / recovery coaching young people. This course will provide the knowledge and skills necessary to guide, mentor and support others through their own transition, recovery and growth process. It prepares participants by helping them actively listen, ask appropriate questions and discover ways to manage their own issues while providing resources to others.

Much like the journey of recovery from life setbacks, this training offers a transformational experience from setbacks to comebacks. This innovative training will be delivered over 4 days.

Participants in this course will learn to:

- Describe the roles and functions of a life / recovery coach
- List the fundamental principles of life / recovery coaching and leadership
- Explore different definitions and pathways of change
- Build communication skills to enhance relationships
- Discover attitudes about self-disclosure & sharing your story
- Understand the role of belief systems and values in the coaching relationship
- Describe the different roles and applications for life / recovery coaching
- Increase awareness of culture, power & privilege
- Address ethical & boundary issues
- Experience life change planning
- Practice newly acquired leadership and resilience skills

Life Coach / Recovery Coach Academy is for anyone who is interested in becoming a Life Coach / Recovery Coach - youth, family, friends and

allies. This training utilizes a dynamic approach to learning that blends both process and content.

Each participant will receive the following with the completion of this course:

- *GRaCE RCLCI certificate
- *Three college credits from WV Higher Education
- *Life Coach Certificate
- *Membership to your local West Virginia Recovery / Life Coach Association
- *Naloxone training

For more information about upcoming classes, please visit www.StrengthenGRaCE.com (click on the button "For more information about upcoming classes" on the home page).