

# Recovery Academy of Ireland

(Registered Charity Number 20154615)

## Recovery Coach Training

**Are you at least 24 months drug-free?**

**Do you feel secure in your recovery and willing  
to help others achieve recovery too?**

**Would you like to train as a recovery coach?**



## What is a recovery coach?

A recovery coach is someone who:

- is established in their own recovery,
- has completed a training course in recovery coaching, and
- is committed to promoting recovery in the community and making recovery an attractive option for all.



## What do I need to be a recovery coach?

- A good understanding of your own path to recovery and the many other pathways to recovery
- An understanding of addiction and its effects on the family and community
- A willingness to be active in the community and to make recovery visible and attractive
- Flexibility and a willingness to work evenings or weekends sometimes
- Empathy, compassion, patience and a non-judgmental attitude
- Confidence and the ability to explain things clearly
- Ability to work effectively in a team as well as work on your own

## What does the training involve?

The core training runs over five days and you will need to complete all five days. The training involves talks and group work around the following topics:

- Day 1. Overview of recovery coaching, recovery pathways, ethics and professional practices
- Day 2. Exploring the helping relationship, your own boundaries, disclosure and risk
- Day 3. Communication and coaching skills
- Day 4. Understanding and applying models of wellbeing
- Day 5. Motivation, relapse, recovery check-ins and next steps

*“I wanted to help other addicts and show them a bit of hope. I wanted to show them what was shown to me, that there is another life and a way out of addiction.”*

*Recovery Coach*

## Is the training accredited (recognised)?

The training is accredited by OCN Learner Recovery Coaching Education. This is equivalent to QQI/FETAC Level 3 and is recognised in the United Kingdom.

## What happens after the training?

- You must complete 50 hours of voluntary coaching over 12 weeks. This is roughly six hours each week.
- The role of the recovery coach is essentially to help someone progress in their own recovery. We would try to look for a person's strong points and work on them. We would look to see what the person wanted to do next for the good of their recovery. We would help the person to set goals and we would work on a plan with them and see what needs to be done and how to achieve their goals.
- You must attend weekly group supervision sessions.
- You must set goals and achieve them.
- You must complete coursework and assignments.
- If your computer skills are weak, you will need to complete an IT literacy course.



## How much does it cost?

The course costs €399.

## When does the course start?

The course runs from 13 to 17 June 2016.

## How do I apply?

To apply, you must be:

- drug-free (including alcohol) for at least 24 months, and
- have no charges or convictions during this time.

You must fill out an application form which you can get from the Recovery Academy of Ireland. Send the completed application form to Recovery Coach Course, c/o Soilse, Basement Offices, 16-22 Green Street, Dublin 1. We will contact applicants for interview.

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**Recovery Coaches**

## Application Form

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Where did you hear about the Recovery Coach Programme?

\_\_\_\_\_

How long are you in recovery? \_\_\_\_\_

Will you commit to attending class and practice placement?

\_\_\_\_ yes    \_\_\_\_ no

List any skills or qualities you have which might be relevant to recovery coaching

\_\_\_\_\_

What courses or training have you done?

\_\_\_\_\_

\_\_\_\_\_

Have you secured funding for the programme?    \_\_\_\_ yes    \_\_\_\_ no

**Please write a page** telling us why you want to become a recovery coach.  
Attach the page to your application form.

Please return your application to:

Recovery Coach Course  
c/o Soilse  
Basement Offices  
16 – 22 Green Street  
Dublin 7

**Thank you**