



Session One Pre-work Assignments

- Become familiar with the online class webpage, provided via email, as we will post any announcements there for you on a daily basis.
- Read the Program Learning Objectives and the Academy at a Glance, and write down any questions you may have for your facilitator during your first virtual session.
- Review the Academy at a Glance and write down any questions you may have for your facilitator during your first virtual session.
- Complete the “Who Am I?” exercise.
- Write your personal definition of recovery.
- List the positive and negative characteristics of a coach.

Session One Pre-work Assignment: Read the Program Learning Objectives and write down any questions you may have for your facilitator during your first virtual session.

- Describe the roles and functions of a recovery coach
- List the components, core values & guiding principles of recovery
- Build skills to enhance relationships
- Explore many dimensions of recovery & recovery coaching
- Discover attitudes about self-disclosure & sharing your story
- Understand the stages of recovery
- Describe stages of change and their applications
- Increase awareness of culture, power & privilege
- Address ethical & boundary issues
- Experience recovery wellness planning
- Practice newly acquired skills

Questions for Group Discussion

Session One Pre-work Assignment: Review the Academy at a Glance and write down any questions you may have for your facilitator during your first virtual session.

Session One	Session Two	Session Three	Session Four	Session Five
Welcome and Introductions	Building Skills	Motivational Interviewing	Culture	Boundaries
Program Overview	Values and Differences	Stages of Change	Power & Privilege	Self-Care
Working Agreements	Stigma and Labels	Stages of Recovery	Recovery Capital	Role Playing
Exploring Recovery	Sharing Your Story	Pathways of Recovery	Resources and Referrals	Next Steps
Recovery Coaching	Self-Disclosure			Program Closing

Questions for Group Discussion

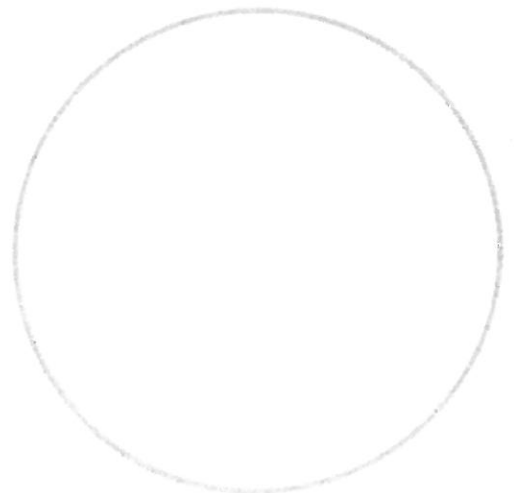
Session One Pre-work Assignment: Complete the exercise below called "Who Am I?".

In the space below, describe yourself. Include things like your name, ethnicity, gender, marital/partner status, occupation, hobbies, interests, travels, accomplishments, hopes, dreams, goals, etc.

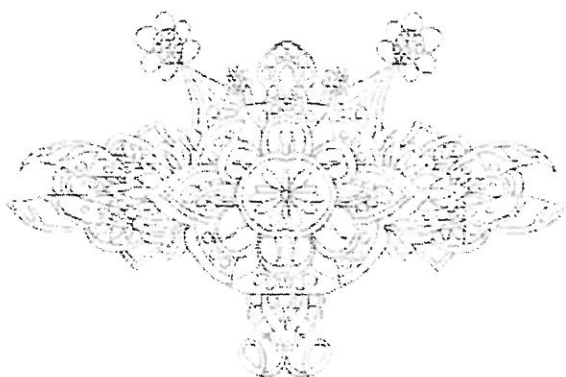
Using your list above, create all of the "groups" or roles that you feel represent, influence and matter to you.

Choose 5 of the groups/roles you listed that are the most important to your perception of who you are.

Use the pie chart to represent how those five groups/roles represent you.



Session One Pre-work Assignment: Write your personal definition of recovery in the space below. Describe what recovery means to you.



Small Group Discussion Notes

Session One Pre-work Assignment: List the positive and negative characteristics of a coach. Using the table below, list positive characteristics of a coach in the left column, and negative characteristics of a coach in the right hand column. Think about your own experiences with coaches to generate ideas. This could be an athletic coach, a life coach, etc.

Positive Characteristics	Negative Characteristics