



U-ACT RECOVERY COACH COURSE OUTLINE

Five-Day Intensive Johannesburg

ACADEMIC LEVEL & COURSE PREREQUISITES

The U-ACT Recovery Coach Training is a certification that is offered to individuals and groups that are interested in understanding how a coaching intervention can be used to assist individuals, families, communities, and organisations that are challenged with substance abuse disorders, to move from the Culture of Addiction to the Culture of Recovery.

The training is delivered in a way that is experiential and practical to accommodate learners from all backgrounds, cultures, and education levels. English literacy is required for certification & assessment purposes, but not for training attendance. However, community trainings can be offered in languages other than English and overseen by U-ACT facilitators working in collaboration with the local facilitation team.

ADMISSION CRITERIA & PRIOR LEARNING

There are no formalised admission requirements and prospective students are considered for enrolment and registration on an individual basis. This may include an informal interview to determine the prospective students' ability to handle the course material that is presented.

No prior addiction or recovery education is required, but an interest in the subject is important.

Prospective coaches that have experienced personal substance abuse disorders, are encouraged to focus on their personal recovery for at least six months prior to enrolling in the training. Again, this is a recommendation, but the work can be personally challenging, and a good deal of resilience is required to work successfully in the field of substance abuse and recovery.

COURSE CURRICULUM AND OBJECTIVES

The objective of the U-ACT Recovery Coach training & certification is to "Introduce and develop core coaching competencies through the delivery of theory & practical lectures, tasks and assignments."

THE CORE COMPETENCIES ARE:

- Communicating effectively
- Client focus/presence
- Building rapport

THE TRAINING OBJECTIVES AND REQUIRED OUTCOMES

Tools, Methods & Techniques

- Delivering measurable results
- Facilitate learning & development
- Powerful questioning

Coaching Process & Practice

- Being fully present and authentic
- Co-creating the relationship with the client and the system
- Deep listening



The Coaching Model – The Systemic Model of Intervention

- Understanding the application of the Systemic Model of Intervention in Recovery Coaching

Ensuring continuous learning and development

COACHING COURSE OUTLINE:

1. What is Coaching?
2. What is Recovery Coaching?
3. From a Culture of Addiction to a Culture of Recovery
4. The Recovery Coaching Framework
5. The Adult Learning Model
6. Recovery Coaching within the David Collins' Coaching Window
7. Session Contracting
8. Recovery Coaching Contract
9. Listening Skills
10. The Power of Open Questions
11. Coaching Techniques
12. Motivational Interviewing and Stages of Change
13. Powerful Questioning Techniques
14. The Coaching Continuums
15. The (Recovering) Brain
16. The SCARF Model
17. Mindsight and Conscious Awareness
18. The Wheel of Life
19. The GROW Model
20. Recovery Capital
21. The Four Archetypes and Spiritual Principles
22. Transactional Analysis
23. Recovery and Resiliency
24. The Integrated Systemic Model
25. The 4Q Model
26. Reflection and Feedback
27. Certification and Assessment
28. Case Study
29. End of Course Reflections
30. Recommended Reading, Viewing and Listening

THIS IS ACHIEVED BY:

- Introducing coaches to practical coaching tools and techniques.
- Giving coaches an opportunity to practically experiment with the tools over the course of the trainings.
- Delivering theory about addiction & recovery to coaches for integration into their coaching conversations.
- Assigning coaches practical tasks to complete during and after the trainings, including completing coaching hours, session recordings, a case study, a self-reflection journal, and an open-book exam, and finally a live coaching assessment.
- Assessing & certifying coaches in a process that is in-line with the coaching competencies outlined above, that reflects the competencies outlined in the training accreditation with the ICR.

THE COACH TRAINING COMPRISES OF TOPICS INCLUDING, BUT NOT LIMITED TO:

- Adult Archetypes and Spiritual Principles.
- Adult learning and communication theories and tools.
- Coaching Contracting.
- Listening Techniques.
- Mindfulness in Recovery.
- Powerful Questioning Techniques.
- Recovery Coaching Frameworks.
- Recovery Coaching Tools and Models.
- The Coaching Continuums.
- The Coaching Conversation.
- The Major Causes of Addiction.
- The Stages of Change Model.
- The Systemic Approach to Sustainable Recovery



STUDENT COMMITMENT & PROFESSIONAL SUPPORT

THE FIVE-DAY INTENSIVE TRAINING CONSISTS OF 42 HOURS OF LIVE TRAINING.

This is made up as follows:

- ± 30 hours of live training and practical activities on the five-day intensive course
- ± 12 hours of online classes following the live training event
- The five-day intensive training is only offered on a group basis for a minimum of TEN people, and can be arranged around the specific needs, resources, and requirements of the group.
- The training runs from 9:00am – 4:00pm for the duration of the course, with the final day ending at 2:00pm.
- Coaches complete 60 hours of practical coaching between and/or after live training sessions.
- Coaches are required to complete a certification and assessment process to be awarded a **PROFESSIONAL RECOVERY COACH** certification.
 - **This is outlined in the U-ACT Certification Process Document**
- Coaches are given access to our online WORKPLACE network, which is a source of online learning, professional development, and industry networking.
- There is also access to ongoing professional development workshops and individual support sessions during and after the training.
- Individual coaching and group coaching support and supervision is also offered to certified coaches at a discounted fee following completion of the training.
- The learning material is available after the course to ensure that students do not develop pre-determined ideas about the programme material.
- The course content is available in hard- and soft-copy and is used to complete the open-book examination at the end of the training.
- The **RECOMMENDED TIME** following the training to complete the assessment and certification process is six to twelve months.

CERTIFICATION AND ACCREDITATION

On completion of the training there is a national examination and assessment process, for certification with U-ACT as a training provider. U-ACT is a training provider and does provide accreditation to coaches.

We are internationally accredited with the [INTERNATIONAL COACHES REGISTER \(ICR\)](#) [ISO 17024].

This training is both of high international and national standards and equips coaches to focus on this industry niche of substance abuse recovery which is a huge challenge facing South Africa.

There are also opportunities to train as a **RECOVERY WELLNESS OUTPATIENT PROGRAMME** Facilitator after completion of the training, as well as a **U-ACT RECOVERY COACH FACILITATOR**. Information is available for both these trainings on request.

We have coaching opportunities for external recovery coaches to contract to our treatment facility and the U-ACT Trust to work in strong and supportive collaborations around the treatment and recovery of individuals, groups and organisations faced with substance use and addictive behaviour disorders.



VENUE DETAILS

- **THE JOHANNESBURG TRAINING** is delivered at The Foundation Clinic, 41 Pretoria Street, Oaklands in the five-day intensive is offered at the U-ACT training venue.
- The venue is within easy access of the M1N/S using the Glenhove offramp – on the opposite side of the highway to Rosebank.
- The clinic is between the M1 highway & Louis Botha Avenue.
- The venue can also be accessed from Louis Botha Avenue from 11th Avenue/Athol Road.
- The venue is at the bottom of the dip on Pretoria Street, next to a river and a park.
- It is clearly sign-posted with a white wall, topped with grey.

The training can also be delivered at an organisational or community venue if the training is being delivered at an offsite location of the client's choosing. Out-of-town training details will be communicated by the facilitators & organisers in your city.

FEES

- The fees are calculated on a sliding scale and are as follows for South African Training as we are a PBO and endeavour to make the training accessible to as many people across the SA demographic as possible:
 - Private/corporate @ R14,950/person
 - NGO, PBO, Charity @ R7,950/person
 - Pensioner, Student, Unemployed @ R3,950/person
- Student registration proof will be required.
- Short-term payment plans of 2 – 3 months can be discussed.
- If you require a funding letter to approach donors, please contact me for this document.
- U-ACT is unable to provide financial assistance for the five-day intensive course other than the rates outlined above.

FACILITATORS | QUALIFICATION & EXPERIENCE

DAVID COLLINS is an executive and recovery coach, who is the Founder and CEO of The Foundation Clinic - Addiction Recovery Solutions and the Ubuntu Addiction Community Trust. David is passionate about assisting clients in developing #RecoveryCapital and exploring multiple pathways to recovery. He is actively involved in all the training that U-ACT offers, as well as coaching in the corporate environment and running community empowerment workshops to assist individuals, families, communities, and organisations in building their resources to overcome substance abuse, transformation, leadership, and development challenges. David is the head facilitator at U-Act Recovery Coach Training, and a Master Coach and aligned with the International Coaches Register.

LEIGH-ANNE BRIERLEY is a Master Coach and has trained both locally and internationally across several coaching modalities. She is particularly passionate about assisting students and clients to discover their truth and purpose, while developing their personal power, through practical tools and techniques, which aid sustained, long-term personal development and transformation. Leigh-Anne's background in adult-education and ongoing personal development has aided in her co-creating The Foundation Recovery Coaching Wellness Programme. The programme is based around peer support, adult education and coaching and is also the basis of the Cognitive Behavioural Therapy and Coaching Inpatient programme at The Foundation Clinic. Leigh-Anne also runs a recovery and wellness coaching business, Be the Change Coaching.



Local coaches and co-facilitators may be contracted to assist on training that takes place outside of Johannesburg on a national and international basis. These arrangements will be discussed individually with the organisation or group that is planning the training.

Our training offering can be adjusted to suit your specific organisational needs and requirements. For example, the length of the training can be varied to fit into the time your team has available. We also offer the training in a three-day format and the training is also delivered online through our Workplace platform.

We are a Public Benefit Organisation, Non-Profit Organisation and Section 18A Trust and our training has been structured in a way that makes it more accessible to individuals, organisations, and communities. This in no way compromises the standard of the training and we believe that this approach to training means that more individuals are trained and empowered, which means more teams, organisations and communities are positively impacted by the coaching work that we can deliver across the South African socio-demographics of the country.

I am available to meet and discuss the training and professional development opportunities, so please feel free to contact me should you require any further assistance or wish to make an appointment, using the details below. Online meetings or call can also be arranged to discuss training out

Yours in Recovery,

Leigh-Anne Brierley

U-ACT International Training Coordinator

Certified Professional Recovery Coach (CPRC)

U-ACT Certified Professional Recovery Coach Facilitator (CPRCF)



CALM
LIFE



INTERNATIONAL
SOCIETY OF
SUBSTANCE USE
PROFESSIONALS



[Visit my Teachable page for recovery wellness coaching and training programmes](#)

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