

# Recover

COACH ACADEMY

January 2009

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**Next Recovery Coach Academy scheduled for the 2nd Week of March in Connecticut!**

**Details Coming Soon!**

## Dear CCAR Friends,

We wanted to share our experience with you that stemmed from our first Recovery Coach Academy in 2009.

The Academy consisted of individuals interested in becoming Recovery Coaches and Training of Trainers. The attendees gathered from nine different states: Arizona, Connecticut, Florida, Indiana, Illinois, Maine, New York, Texas and Virginia. Each person came with a familiarity of how recovery impacts others. The participants brought with them experience of either their own recovery or that of a family member, co-worker or friend.

We hope that this has sparked the beginning of many new relationships that will multiply, nurture and evolve over the life of this Academy.

## CCAR Recovery Coach Academy

January 2009 Graduates



After five days of training as Recovery Coaches, the graduating class takes a deep breath of fresh air as they joyfully pose for this photo. For some, the training would continue on through Saturday - a sixth and final day for the Training of Trainers. Many of the participants voiced their appreciation not only for the academic curriculum, but for the awareness and insights gained about themselves as a result of the experiential exercises.

The support of both staff and participants held a container for learning and expressing emotions that were ignited by challenging discussions.

### **CCAR Recovery Coach Academy Circle of Friends**



Our last day of the Recovery Coach Academy was filled with a myriad of thoughts and emotions. Read below the testimonials to get a flavor of how the Academy impacted the participants...

"Coming in I didn't know what to expect. Learning I am a changed person. I have been given more tools and knowledge to share and build Chicago with. The staff made it easy to understand and made coaching fun. I look forward to sharing my experiences with others."

- Jose Tovar (Illinois)

"This Academy is a must for anyone involved with or interested in developing a Recovery Community Center. It is an incredible and powerful blend of knowledge, skills and experiences. What I take back to New York State will enhance The Turning Point, a rural recovery community center, and other organizations in New York state who seek this training." - Betty Currier (New York)

"Not only did the training exceed my expectations, the wide experience and backgrounds of the other attendees was invaluable."

- Frank Watkins (Virginia)

"What a well-rounded curriculum! This training covered key areas that are so important for Recovery Coaches. I found it to be balanced in both experiential and presentation formats and greatly enjoyed my participation. I am excited about this model and hope it will take off in every state. Recovery Coaches will help many to change their lives."

- Deb Dettor (Maine)

We would like to thank everyone for their participation and willingness to share. Your direct input made this a successful training that will lend itself to future trainings!

Warmly,

**CCAR Management Team**

