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## 2022 RECOVERY COACHING PACKAGES

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### 1) TRANSITION COACHING PACKAGE

30 DAYS

This intensive coaching package is designed specifically for individuals transitioning out of residential treatment to provide **daily continuity, accountability, and support** from a trusted and experienced Recovery Coach, as they re-establish themselves at home and set themselves up **for a healthy and successful life ahead**.

Clients have daily access to their Recovery Coach who becomes a trusted thought-partner to help them skillfully **navigate "re-entry"** and face the inevitable challenges of life, while learning to **establish healthy boundaries**, identify clear priorities, **minimize triggers**, practice **relapse prevention** strategies, **engage a recovery support system**, all in service to building the foundation necessary to **thrive in recovery**.

**Transition Coaching Package**, includes:

- **30 consecutive days of consistent support** from Recovery Coach, Fay Zenoff
- **Initial 90-minute session** (prior to leaving rehab, if possible) to establish connection, review/modify/enhance Aftercare Plans & develop a transitional strategy for discharge
- **Daily check-in calls** (approx. 15 min. ea.) to plan, get grounded, problem solve
- **Email communications** between sessions for added inspiration, supplemental resources, Q&A, and follow-up support
- **Six 50-minute Transitional Coaching Sessions** (scheduled 1x - 2 x per week)
- **Monitoring of Soberlink** drug-testing reports (if needed)
- **Care Coordination** w/other care-team members and family members (if authorized)



### 2) THRIVING LIFE COACHING PACKAGE

12 WEEKS

Designed for clients seeking to live their best lives - in which recovery is comfortably integrated. Through **weekly coaching sessions** and supplemental work, clients are able to assess, identify, and move towards **achieving their goals**, *which may include improved personal relationships, increased professional satisfaction, bolstered health, and experiencing a greater sense of well-being* - - all while **strengthening personal recovery**.

We begin by assessing where the client currently is compared to where they want to be and then design a **customized plan** to **cultivate the skills, develop the strategies**, and **make the strides** towards achieving their desired goals.

**Thriving Life Coaching Package**, includes:

- **Ten 50-minute Thriving Life Coaching Sessions**, with Recovery Coach, Fay Zenoff
- **Supplemental Material**, such as worksheets, articles, videos, & other useful resources
- **Email Communication between coaching sessions**, for additional support