

# *Professional Life & Happiness Coaching*



## *Mission:*

*TtM provides the coping & decision-making skills needed to Thrive...at the time they MATTER MOST.*

## PROGRAM OVERVIEW

### 'SAY YES (TO YOU)'

DRUG AVOIDANCE FOR YOUNG ADULTS & AT-RISK POPULATIONS

'Say YES to Self' and 'No' to Alcohol & Drug Abuse at the TIME IT MATTERS MOST.

# Why Drug Avoidance Coaching?



## Drug Avoidance Coaching Goals:

- Reduce the risk to participants in developing a problem with alcohol abuse & drug dependency, thus eliminating the vicious cycle of relapse & the consequences that follow.
- Increase Program Sponsor confidence levels in having done their due diligence in addressing the dangers of addiction for those in their care or who require alcohol & drug abuse mitigation.
- Spare Participants, Program Sponsors and the Community of having to navigate complicated solutions for what is most times considered a chronic condition that is sometimes solved with strategies to manage it and contain communal impacts.
- **Ensure Participants live a life of happiness, freedom, and peace while THRIVING Reality with healthy coping mechanisms and good decisions.**

# 'Say Yes to You' - Overview:



## 'SAY YES TO YOU' – PARTICIPANTS:

- **Virtual Session 1:** Professional Life Coach Personal Story & General Education: Alcohol & Drug Abuse Realities & Effects. (60 min)
- **Self-Led Course Work: THRIVERsize Activities:** Completion of Practical Application Worksheets - All Course Concepts. (60 min)
- **Virtual Session 2: THRIVERsize Debrief & Drafting Commitment Contract** (60 min)

## 'SAY YES TO YOU' – PROGRAM SPONSORS: PARENTS, CAREGIVERS, OR AGENCIES:

- **Virtual Session 3 – Part I:** Participant Commitment Contract Presentation & Sign Off with Program Sponsor. (30 min)
- **Virtual Session 3 – Part II:** Techniques and Tools for Program Sponsors for monitoring compliance while fostering trust and common red flags to spot and mitigate a problem in progress (30 min).
- **Optional Virtual Session:** Used to address an ongoing need of the Participants and/or Program Sponsor. (30 min)
- **Program Sponsors** may also schedule ad hoc Virtual 1:1 Sessions via the TtM Scheduler as needed, Parent and Caregiver Program Sponsors may schedule Thrive & Save sessions. (Conditions Apply)

# Say 'Yes' to this Critical Program Today!



- 'Say YES to YOU' is a Drug Avoidance Program to replace or supplement your own efforts to reinforce good decisions for those you care about. We welcome your involvement and while Virtual 1:1s with participants are confidential, a summary of progress can be requested at any time and the final Virtual 1:1 will include a presentation of the participant's Commitment Contract to foster positive outcomes, visibility, trust, transparency, and accountability.
- For Program Sponsors (Parents & Caregivers) who would like to lead their own Drug Avoidance efforts, we offer a standalone package of the program THRIVERcises.
- Program Sponsors also have the option of scheduling a THRIVERcize Virtual 1:1 Debrief via the TtM Scheduler to review the completed work and gain additional insight and support from TtM.
- For 'Say YES to You' Inquiries please use the FREE Meet the Matrix Virtual 1:1 option via the TtM Scheduler on the website or contact TtM at [contact@thrivethematrix.com](mailto:contact@thrivethematrix.com). Feel free to include any questions you may have.
- For Agencies who would like to explore 'Say YES to You' for groups or for individual sessions with multiple participants, access the Virtual 1:1s - 'Say YES to You' for Agencies Option in the TtM Scheduler to discuss how TtM can help.

**What do you have to GAIN in making 'Say YES to You'  
a part of your Drug Avoidance efforts?**