

COACHING
MENTORING
CONSULTANCY

www.purplemagpiecoaching.co.uk
info@purplemagpiecoaching.co.uk
07787970390



LEADING WITH
LIVED
EXPERIENCE

DESIGNED AND
DELIVERED BY

**CARLO
ZUCCARO**

ABOUT ME
&

THE PROJECT

INTRODUCTION

**JANUARY
2021**

A little about me.

I am a person in long term recovery from a substance use disorder and congenital disability.

Over the last decade i have worked in a number of recovery support positions including both the public and charity sector.

I have held caseload management roles, advocacy and user engagement roles as well as volunteer management. Most recently as a national coordinator for a well known international charity.

I have recently expanded my small business as a self employed freelancer with **Purple Magpie Coaching**.

I provide one to one coaching for private clients as well as designing and delivering training based on lived experience. I also do some consultancy work for small charities and CICs in order to improve user engagement. I am driven by my passion to help individuals build resilience and improve recovery oriented resources for communities across the UK.

Abstract

Despite the recovery agenda, in recent years local authorities have seen significant reductions in their commissioning budgets and this has undoubtedly led to local service providers having to do more for less. With low engagement rates, rising treatment caseloads and inherently fragmented or non existent recovery communities to provide additional recovery capital to support front line services there has rightly been a focus on the role of user engagement and volunteering. Another role that has garnered international support is that of the recovery coach.

A model that is well established in the US but largely under resourced in the UK.

The recovery coach role bridges the gap between the peer mentor/champion and aftercare support to act as a 'resource broker' within recovery communities.

It differs from that of a champion or sponsor in that it recognises the guiding principles of recovery (SAMHSA) and that there are many pathways to recovery.

It is strengths focused, goal oriented, and a coach can provide structured sessions connecting coachees with recovery capital as well as providing a mentor support type role. It also provides a pathway into future employment in many cases.

"A Recovery Coach promotes recovery and removes barriers and obstacles to recovery, serving as a personal guide and mentor for people seeking or already in recovery from an addiction to alcohol and or other drugs." -CCAR-



SERVICES

Recovery Coach Training Program

Based on the great international work of William White, CCAR, FAVOR UK and many others, with elements from general coaching practice. This is a programme designed and co-produced by those with lived experience, and it is always our intention to involve local recovery communities with future design and content amendments based on local demands and needs. Recovery coaching is intended to be a complimentary support mechanism for existing treatment providers and communities, adding an extra dimension to existing service provision and pathway for the individual.

Who for? This course is for anyone in the field of recovery including friends and allies of recovery, workers that wish to expand their knowledge and understanding of recovery, recovery communities and recovery coaching, and those in recovery themselves wishing to build their own skill set in their roles supporting others. *Typically the role of a recovery coach would require a period of sustained recovery in order to preserve its legitimacy. This would be discussed on a case by case basis with the individual and worker, taking into account that there are many pathways to recovery and definitions of what recovery means.

Our Recovery coaches will;

- Understand the Recovery Coach role and functions, and how this differs from similar roles
- Understand components, core values and guiding principles of recovery
- Learn about the history of the recovery movement
- Explore different pathways of recovery
- Build skills to enhance relationships
- Learn practical recovery tools
- Discuss stigma, attitudes about self disclosure and sharing your story
- Define and increase fluency in the language of recovery
- Understand the stages of change, stages of recovery and their applications
- Address the ethical and boundaries issues of a peer support role
- Practice recovery wellness planning
- Understand the principles of building recovery capital
- Learn the GROW model framework for sessions
- Practice newly acquired skills
- Receive support, guidance and supervision*
- Be supported in taking an active coaching role in their local community

20 hours of classroom based training, with additional assignments and guided learning.

**Due to recent restrictions during the pandemic we have been able to continue to deliver this in an online classroom via zoom, with breakout rooms.*

Individual Workbook

Coaching community social media group with additional resources and support

Ongoing support and supervision *as required

Additional training, development and networking opportunities

COACHING
COMMUNITY

An Intro to Recovery Coaching

This is a one day training based on our main coaching program to give an introductory overview of the role of a Recovery coach, and recovery more broadly. We will cover the recovery process, discuss barriers and solutions in an applicable way that will give attendees something to take away and use to have better relationships with those in recovery or seeking recovery.

Who for?- This is for anyone with an interest in recovery coaching including workers, allies of recovery and those in recovery themselves.

Participants will -

- Define and increase fluency in the language of recovery
- Build capacity to understand, support and advocate for recovery
- Learn about specific skill sets key to supporting recovery
- Understand the different recovery support roles integral to building recovery capital

Recovery Storytelling Workshop

Our stories have power. Learning to use them in the safest, most empowering way is key to reducing harms, building confidence and resilience. A half day workshop to improve confidence and reclaim ownership over your story.

Who for?- Everyone has a story that needs to be told.

'Writing your story will help you, sharing it will help others'

Learning outcomes -

- Gain a deeper understanding of the power of language
- Learn about Recovery Messaging
- How to tell your recovery story in the most positive, informative and influential way
- How to use recovery messages in all parts of your life, including representing the recovery community in the media and other public places
- Learn how to advocate for yourself and others in recovery
- Using writing and storytelling as a way to externalise, heal and empower you in recovery

Consultancy

We offer bespoke training and consultancy packages to suit individual providers of recovery services and communities, including;

- What IS Recovery, and what is mutual aid?
- Harm reduction, overdose awareness and Naloxone
- Basic drug awareness inc NPS
- Service user Involvement
- Asset based community development
- Recovery Capital
- Recovery Writing (A creative writing program to support Recovery)
- Ethics & Boundaries in a peer support role

SERVICE FEES

Recovery Coaching Training -
Implementation, delivery and ongoing support
(*Cohort of 10)

£1450

Introduction to Recovery Coaching -

£250

Recovery Storytelling -

£250

Consultancy (*day rate)

£300

*All fees are correct as of 05/01/21. We reserve the right to adjust or amend these at our discretion

RESOURCES AND REFERENCES

William White paper on Recovery coaching.
CCAR - Recovery coach Academy
Faces and voices of Recovery UK
Recovery coaching academy UK
Ethics in peer support