



## Recovery Capital: Supporting the Transition Toward Sustained Recovery

Recovery is not about surviving; it is the sophisticated process of building and sustaining Recovery Capital—an internal reservoir of resilience designed to counter the echoes of the past, regardless of the challenges encountered.

**Recovery Capital** is a strengths-based, transition-focused partnership designed to move an individual from a state of "surviving" to "flourishing" by leveraging a unique blend of internal strengths and core values. Unlike clinical therapy, which often explores the "why" of the past to heal what has been, coaching focuses on the "how" of the future to build a sustainable, rewarding life.

The twelve-session journey is structured across four intentional phases and is specifically created to guide the individual toward their **new self**. Throughout this process, our coaching relationship serves as a **Safe Harbour**—a protected space where you can unearth and celebrate your uniqueness, identify where new alignments can be made, and gather the reserves needed for the new life ahead.

### PHASE 1: STABILISATION & THE SAFE HARBOUR

*FOCUS: Preparation and Action stages. Building the alliance and internal safety.*

SESSION	Title	Focus
1	<b>The Compass</b>	Establishing the coaching agreement. Mapping the Current State
2	<b>The Landscape</b>	Where does resilience currently sit. Mapping the Desired and/or Future State
3	<b>Values &amp; Anchors</b>	Identifying the core values that will act as "ballast" when things get tough

### PHASE 2: DECONSTRUCTION & AWARENESS

*FOCUS: Action stage. Identifying barriers and hidden strengths*

SESSION	Title	Focus
4	<b>The Script of Addiction</b>	Exploration of the "voice of the habit." What is keeping us stuck
5	<b>Food &amp; Physiology</b>	Healing the gut-brain axis as a foundation for mental clarity
6	<b>Family &amp; Systems</b>	How the echoes of recovery ripple through life- home and/or work etc.





### PHASE 3: TRANSFORMATION & REBUILDING

*FOCUS: Maintenance stage. Strengthening the "new self."*

SESSION	Title	Focus
7	<b>The Higher Self</b>	Applying principles to self-determination to develop the autonomy to manage impulses
8	<b>Strengths in Action</b>	Using Positive Psychology signature strengths to identify how they can be deployed to prevent relapse
9	<b>Navigating the Storm</b>	Resolve any emergent ambivalence about the "new self"

### PHASE 4: INTEGRATION & FUTURE-PROOFING

*FOCUS: Maintenance and Growth. Transitioning from recovery to flourishing.*

SESSION	Title	Focus
10	<b>Relationship Reconstruction</b>	Re-negotiating boundaries with the outside world. Controlling external influences.
11	<b>The Legacy Plan</b>	Moving from "not using" to "meaningful contribution." What is the long-term vision? How is this maintained?
12	<b>Launching from the Harbour</b>	Reviewing the journey. Formalising the recovery capital toolkit for self-management moving forward

#### Investment & Commitment

Choosing to invest in recovery is a commitment to your long-standing growth and an opportunity to forge a new life. This programme is designed as a bespoke partnership, providing the Safe Harbour and strategic support necessary to nurture a rewarding and sustainable future.

To ensure we maintain the momentum required for this profound transformation and the successful building of your Recovery Capital, the following investment applies:





## Professional Fees

Service	Investment (excl. Vat)
Recovery Capital – Twelve (60Min) Recovery Coaching Session Package	€ 2400.00
Applicable vat (23%)	€ 552.00
<b>Total investment</b>	<b>€ 2952.00</b>

## Terms of Engagement

- **Payment:** To secure your placement in this cohort, full payment or the first instalment is required prior to our inaugural session.
- **VAT:** Value Added Tax is charged at the prevailing rate for ROI-based clients. If you are a business client based in Ireland or internationally, please provide your VAT registration details for appropriate invoicing.
- **The Safe Harbour Guarantee:** Your investment covers 12 scheduled sessions, bespoke resources, and interim support, ensuring you have a consistent, protected space to explore your options without distraction.

## Disclaimer:

*Every individual's path to recovery is unique. The structure outlined above is educational and represents a proposed framework for a supportive recovery coaching experience. Coaching is a partnership designed to build personal resources and is not a substitute for clinical or medical treatment. Please consult your GP, healthcare professionals, and support network before making significant lifestyle changes, particularly if you are currently managing a medical condition or taking prescribed medication.*

