

Recovery Ally Training

A workshop that guides anyone towards a deeper understanding of what recovery means, and how to champion it.



Training accessible for anyone

This training programme is suitable for anyone who wants to learn more about recovery, whether in a personal or professional capacity.



Mixed modes of training available

The training is designed to be delivered flexibly, with both remote and face-to-face learning available, depending on your needs or those of your organisation.



Embrace Lived Experience to challenge stigma

Through co-facilitation, learners will develop the ability to listen and support, without judgment, creating positive social and work environments for others.

Who is the training for?

Organisations, and individuals from many different backgrounds, have undertaken this innovative training programme. From family members who wish to develop a deeper understanding of what a person in recovery may experience, to employers looking to provide support, the knowledge acquired in this training programme holds value for anyone. People who are considering work in, or already employed in the health and social care sector, can all benefit from the knowledge applied to, and acquired via this workshop.



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Training created to empower



Build the conversation

Learn to start and facilitate the right conversations, using powerful questions, develop listening skills, and understand the needs of the individual.



Acquire knowledge to pass on to others

A Recovery Ally isn't just an asset to people they already know. The example they set demonstrates the value of compassion and understanding across a much wider network.



Learn to ask the right questions

Addiction, and therefore recovery is heavily stigmatised. By learning where to use certain language, and ask the right questions, Recovery Allies can contribute to reduction in stigma.

What the training includes:

- Recovery Ally Training guides learners through four key elements of supporting a person in recovery:

1. Discussion around the unique and individual journey a person in recovery experiences
2. The language surrounding addiction and recovery, and how to use it positively
3. Ways in which anybody can challenge stigma and help others to understand it
4. Active listening skills to listen to and support others without judgment

Recovery Allies are able to:

- Improve the ways in which they support people in the personal and professional lives
- Communicate in ways that make a person in recovery more comfortable
- Highlight the positives of recovery and challenge the stigma around it
- Support self-efficacy and understand behaviour changes
- Use active listening and motivational interviewing skills to support people



Training is delivered online or in person by Beverley Haines, a vastly experienced coach and trainer.

Contact us to become a Recovery Ally

To find out more about the training, and upcoming dates available, please write an email to the address below.

Remote-learning workshops can accommodate up to 10 people at once, making it an ideal platform for businesses and organisations.

Find out more



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