



# RECOVERY EMPLOYMENT COACHING

Recovery Employment Coaches are trained professionals in the behavioral health field who have personal experience with addiction and recovery. Recovery Employment Coaches or Recovery Coaches are the fastest growing service for people in recovery, and employers are utilizing the power of peer recovery services to support and retain employees who are struggling with addiction.

RBA's Recovery Employment Coaches work to provide your employees with the confidential support they need to navigate substance use and work-related issues, access treatment and other local resources, and support to ensure recovery and success in the workplace. Our Peer Employment Coaches are trained on how to provide vocational mentorship pre-and-post employment by instilling hope, enhancing self-esteem and overall life skills while promoting wellness for work.

## How it Works



The cost of our Recovery Employment Coaching services only \$15 per employee per year.



By signing up for this service, your employee will have access to ongoing support to process challenges related to substance misuse and the workplace.



RBA's Recovery Employment Coaches can be accessed 24/7 by management teams, HR staff and employees via email, phone, and video conference.

## BENEFITS OF RECOVERY EMPLOYMENT COACHING:



**Emotional support** - Every coaching session starts from a place of empathy and understanding. The purpose of a coach is to provide a supportive, non-judgement and neutral sounding board, help employees to find balance, and empower them to build emotional resilience.



**Stress management** - As individuals in recovery who have been there and understand, recovery coaches know first-hand the stress associated with addiction and resulting behavioral health issues. They can help employees build and practice valuable life skills that result in positive changes in their work creativity and productivity.



**Goal setting and actionable accountability** - Coaches work collaboratively with employees to help them form clear, actionable goals and plans to move their life and work in a positive direction.