

The BALM Institute for Family Recovery Life Coach Training

is designed to train a cadre of Professional Family Recovery Life Coaches able to provide the delicate and powerful work of Helping Families Affected By Addiction Blaze The Trail To Recovery In Their Homes.

Be A Loving Mirror (BALM)

All of our work is infused with our special concept of BALM, which gives families a communication tool and way of being that turns chaos to sanity.

Training Structure:

- One or two year program (your choice)
- Live and Teleconference course choices
- The Family Recovery Academy website, which holds a rich archive of over 120 recordings, 200 handouts and numerous e-texts
- A-live in person weekend of supervised practice coaching



**Family
Recovery
Resources**

Be a Loving Mirror

BALM Institute for Family Recovery Life Coach Training

The BALM Institute Presents Family Recovery Life Coach Training

**Preparing Professionals to Help Family
Members Blaze the Trail to Recovery**

Family Recovery Resources, LLC
<http://familyrecoveryresources.com>
admissions@familyrecoveryresources.com
888-998-BALM 888-998-2256



5 Powerful Program Components to Build Excellence in Coaching!



1. The Daily BALM and 7 Steps to BALM- Pre/co-requisite courses

80 hours of Daily BALM sessions including 12 lessons, and scores of live and recorded experts, discussions, and recovering persons and families, educating you on addiction, family addiction, and Recovery. 20 hours of the 7 Steps to BALM including demos and buddy work with teacher feedback.

2. Fundamentals of Life Coaching

48 hours to prepare you to coach anyone on anything. First learn what it means to BE a Life Coach and then gain the skills and tools to create powerful coaching sessions and relationships.

3. Advanced BALM Family Recovery Life Coach Training

24 hours prepare you to: take families deeply through the 7 Steps to BALM; explore the long term Trajectory of Family Recovery; learn Advanced Life Coaching tools and skills to help families move through the obstacles holding them back. This piece of the program will also prepare you to work closely with a variety of Recovery professionals to make the strongest positive impact in your families' lives.

4. Experiential Training

92.5 hours of hands-on-training including 48 hours of student-to-student coaching, 7 hours of intern coaching with BALM families, 10.5 hours of group mentor coaching, 3 hours of individual mentor coaching, and a 24 hour weekend of in-person supervised group coaching.

5. Business Development

16 hours - To Help ALL Families Blaze The Trail To Recovery In Their Homes, the BALM Institute also introduces you to how to grow and run a powerful, prosperous business. This segment of the course provides trainees with the building blocks to begin their journey to prosperous coaching.

In this Accredited* Course, participants will learn how to:

- Life Coach anyone
- Provide Family Recovery Life Coaching for individuals and whole families
- Apply advanced Life Coaching tools to work with families
- Facilitate BALM classes and groups
- Develop their own signature program
- Work closely with other professionals in the Recovery and Mental Health fields

Application Process

1. Check out our website to learn more
2. Download an application form from the site
3. Set up an admissions interview

For information on pricing, payment plans, financing, and scholarships, go to:
<http://balminstitute.com>

* Accredited by the International Coach Federation and Recovery Coaches International

