



**Training & Assessment
in Healthcare Ltd**

Training and Professional Development

Recovery Model Training

This short course offers staff the opportunity to gain knowledge and skills in recovery approaches as a means of building proactive relationships to promote and strengthen recovery. The recovery relationship focuses on the individual identifying and setting their own goals for meaningful connections, growth, development, fulfilment and health, allowing their individual focus to be their choice and reflective of their values. The recovery coaching model is rooted in a 'wellness' model approach for working with others

THIS HALF DAY SESSION WILL FOCUS ON:

- Exploring the recognition of the human need to build, develop and live fulfilling meaningful lives over time whilst working to solve and meet current challenges and needs
- Discussing and learning how to motivate individuals to manage their own lives, their health and their wellbeing
- Exploring the values, principles and practices of recovery, including commonly used tools, such as the GROW Tool and The Wheel of Life
- Learning the principles of the goal setting focus for person centred care planning and how to apply this in practice and the importance of discussing realistic expectations and supporting people to overcome barriers
- Enabling staff to gain confidence and skills to assist and support people to set goals and to work in partnership on their recovery journey
- To discuss accountabilities and reinforce best practice and the essential requirement of effective record keeping for evidence of person-centred working and outcomes

COURSE INFORMATION

Duration:	Half or full day
Who should attend:	Nurses, All Care/Support Workers, Managers/Seniors/CHAPS
Certification:	Certificate of Attendance
Travel Charge:	Dependent on Location

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