

**Eastern WV Community & Technical College  
Master Course Record**

<b>Course Prefix and Number:</b> WFRC 101
<b>Course Title:</b> WFRC Recovery Coach / Life Coach I
<b>Recommended Transcript Title:</b> WFRC Recovery Coach / Life Coach I
<b>Date Approved/Revised:</b>
<b>Credit Hours:</b> 2 <b>Total Contact Hours:</b> <b>Lecture:</b> 32 <b>Lab/Clinical:</b> 16
<b>Prerequisite:</b> None <b>Corequisite:</b> None <b>Pre/Corequisite:</b> None
<b>Grading Mode:</b> Credit/No Credit
<b>Catalog Description:</b> The 32-hour Recovery Coach / Life Coach I course focuses on the following points: advocacy, mentoring / coaching, education, recovery and wellness support, and ethical responsibility. Completing the class allows students the opportunity to become part of a large, supportive network.
<b>Course Outcomes:</b> 1. Define the role and function of a Recovery / Life Coach 2. List the components, core values, and guiding principles of recovery 3. Identify the indicators for social and emotional well-being 4. Explain how stigma can negatively impact recovery 5. Apply motivational interviewing strategies 6. Explain the importance of SMART goals
<b>Implementation Cycle:</b> Offered as needed/on demand/monthly (Begins Fall 2020)
<b>Role in College Curriculum: (Check all that apply)</b> <input type="checkbox"/> <b>General Education Core (Specify category)</b> <input type="checkbox"/> <b>Technical Core (Specify Program)</b> <input type="checkbox"/> <b>Restricted Elective (Specify Program)</b> <input type="checkbox"/> <b>General Elective</b> <input checked="" type="checkbox"/> <b>Other (Please specify)</b> WF Ed Recovery Coach / Life Coach I
<b>Course Fee:</b> Yes
<b>Instructor's Qualifications:</b> Bachelor of Science in counseling, social work, psychology, or related discipline AND/OR expertise and experience in field.
<b>Expanded Course Description:</b> Recovery / Life Coaches promote change by removing barriers and obstacles to change and recovery by empowering people who are seeking change. The Recovery Coach I / Life Coach I training focuses on providing individuals with the skills needed to guide and support anyone who would like to improve their life. Recovery Coach I / Life Coach I prepares participants by honing active listening, asking appropriate questions, and discovering ways to help the coach manage their own issues and discover resources.

Prepared by: Melissa Shockey, Program Coordinator

10/16/20

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Signature, Title

Date

Approved by:

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Dean of Teaching and Learning

Date