

A Pathway to Becoming a
Recovery Coach

FROM LIVED EXPERIENCE TO PROFESSIONAL PRACTICE



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INTRODUCTION: TURNING YOUR STORY INTO SERVICE

If you've walked the path of mental health recovery, you already know the value of empathy, resilience, and hope. What you may not know yet is how powerfully those qualities can translate into a professional role—as a Recovery Coach.

This eBook is your invitation to take what you've learned through experience and build a rewarding career supporting others. Whether your recovery journey has been long, recent, complex, or still unfolding—you already hold something many clients are searching for: lived understanding.

Inside, we'll explore:

- Why lived experience is a powerful foundation
- Training and certification options
- How to balance personal empathy with professional boundaries
- Support systems for workers with lived experience
- Career opportunities in the NDIS and beyond

GOAL-SETTING WORKSHEETS: FROM INTENTION TO ACTION

Traditional job pathways can often overlook the most meaningful qualifications—*real-life experience*. But in recovery coaching, your lived experience can be your greatest asset.

Why? Because:

- You understand the journey firsthand
- You know the importance of feeling heard
- You bring compassion that isn't learned from a book
- You offer hope just by being present

Recovery-oriented services now **recognise the value of lived experience** as a unique skillset. Many clients feel safer, seen, and better understood by someone who “gets it.” You don't need to have all the answers—you just need to show up with honesty, respect, and a willingness to walk beside them.



TRAINING PATHWAYS TO BECOME A RECOVERY COACH

If you're ready to move from lived experience into professional practice, the **Certificate in Psychosocial Recovery Coaching** is a practical, accessible starting point.

Why this course?

- Specifically designed for people with personal or professional experience in mental health
- Taught by facilitators who honour both evidence-based practice and lived experience
- Flexible online format with personal mentoring
- You'll learn how to:
 - Set recovery-focused goals with clients
 - Use trauma-informed, strengths-based approaches
 - Navigate the NDIS and support coordination space
 - Practice ethically and with confidence

Graduates are equipped to begin work with organisations or as independent providers.

BALANCING EMPATHY WITH PROFESSIONALISM

Lived experience gives you depth. Professional training gives you structure. Together, they make you a powerful, ethical practitioner.

Key strategies for balance:

- Know your story, but don't centre it—this work is client-focused
- Use self-disclosure sparingly and with purpose
- Always practice within your role, not beyond your scope
- Get regular supervision—it's essential for reflection and emotional safety

Support Networks:

- Peer support groups for workers with lived experience
- Formal supervision sessions
- Online communities and communities of practice
- Ongoing professional development workshops

Being real and being professional can co-exist beautifully. It's about bringing authenticity with boundaries.



KEEP GROWING: RECOVERY IS A SHARED JOURNEY

Demand for psychosocial recovery coaches is rising. Lived experience is not just accepted—it's actively sought out in roles across the sector.

You could work in:

- NDIS-funded Recovery Coaching
- Peer work roles in community mental health
- Support coordination services
- Youth and family mental health programs
- Lived experience consultancy or training

Some graduates also go on to start their own support services or become educators and mentors for others entering the field.

Ready to take the next step?

Your lived experience is powerful—but it's not the end of the story. It's the beginning of a career that helps others heal and grow.

[Speak to our team today about enrolling in the Certificate in Psychosocial Recovery Coaching.](#)

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You bring the lived wisdom—we'll give you the tools to share it.

HELPING YOU BUILD BETTER RELATIONSHIPS THAT LAST

Our Courses

- [Diploma in E-Counselling and Telephone Counselling](#)
- [Certificate in Psychosocial Recovery Coaching](#)
- [Certificate in Support Coordination](#)
- [Certificate in Recognizing and Responding to Coercive Control](#)



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