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## INTRODUCTION

Discover why recovery coaching is a growing, meaningful career—and how this guide can help you get started.

## WHAT IS PSYCHOSOCIAL RECOVERY?

Understand the foundations of psychosocial disability and the unique role recovery plays in long-term mental health support.

# CORE PRINCIPLES & THE ROLE OF A RECOVERY COACH

Explore the trauma-informed, strengthsbased, and person-centred practices that shape ethical, effective coaching.

# WHERE THE NDIS COMES IN + TRAINING PATHWAYS

Learn how recovery coaching fits within the NDIS framework and how to become a qualified coach with Relationships Matter.

## YOUR NEXT STEP: BECOME A RECOVERY COACH

Take action with clear, supportive steps to start your training journey and make a lasting impact.



Are you passionate about mental health and helping others rebuild their lives?

**Psychosocial Recovery Coaching** is a rewarding, person-centred career that puts you at the heart of someone's recovery journey.

In Australia, the NDIS (National Disability Insurance Scheme) now includes funding for psychosocial recovery coaching—creating new opportunities for people like you to step into a role that combines empathy, structure, and purpose. Whether you have lived experience, are working in support services, or considering a career change, this guide is your introduction to a profession that's changing lives.

At Relationships Matter, we've trained hundreds of people to become confident, compassionate recovery coaches.

This eBook will help you explore:

- What psychosocial recovery coaching is
- The principles that shape your practice
- Your day-to-day responsibilities
- Where recovery coaching fits within the NDIS
- How to get qualified with us

Let's begin your journey.





Psychosocial recovery refers to the process of healing, rebuilding, and reclaiming a meaningful life after experiencing significant mental health challenges. It's about much more than symptom management—it's about restoring hope, connection, identity, and personal agency. Psychosocial disability is recognised under the NDIS. Individuals with this lived experience may have support needs that extend beyond clinical treatment. That's where you come in.

As a **Psychosocial Recovery Coach**, you work side-by-side with your clients, helping them build confidence, set goals, strengthen skills, and connect with services that support their journey toward independence. You walk with them—not ahead or behind.

Your coaching isn't prescriptive; it's collaborative. You honour the client's goals, tap into their strengths, and maintain a trauma-informed, non-judgemental approach. It's not about 'fixing'—it's about empowering.



Great recovery coaching is grounded in three essential principles:

#### 1. Trauma-Informed Practice

You create a safe, trusting space where clients feel respected and heard. You understand the impact of trauma and respond with sensitivity and care.

## 2. Strengths-Based Approach

Rather than focusing on deficits, you help clients recognise what's already working—their resilience, values, skills, and support networks.

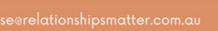
#### 3. Person-Centred Practice

You tailor every interaction to your client's unique life story, identity, and goals. No two recovery journeys look the same.

## What Do Recovery Coaches Do?

- Build and maintain recovery-enabling relationships
- Help clients identify goals, strengths, and next steps
- Coordinate with allied health and mental health services
- Support engagement with community, education, or work
- Offer consistent encouragement and structured support

You might work independently or for an organisation, and your role is flexible, practical, and deeply impactful.





### The NDIS and Recovery Coaching

The NDIS funds psychosocial recovery coaching for eligible participants. This funding recognises the ongoing need for coaching-style support, especially for people navigating complex or fluctuating mental health experiences.

As a recovery coach, you may support clients in:

- Coordinating their NDIS services
- Developing recovery-focused action plans
- Building daily living skills
- Staying connected to support networks

The demand for skilled recovery coaches is growing—and the need has never been greater.

### **How to Get Qualified**

Our Certificate in Psychosocial Recovery Coaching provides you with:

- A deep understanding of recovery-oriented practice
- Training in trauma-informed approaches
- Real-world case studies and coaching tools
- Guidance from experienced facilitators
- Flexible online learning with mentoring support

Whether you're new to the industry or want to upskill, this course equips you to begin working immediately upon completion.

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If you're someone who believes in the power of empathy, resilience, and human connection—this is your time.

### Why Study with Relationships Matter?

- Over 25 years of trauma-informed, recovery-focused training
- Practical skills, not just theory
- Lived experience woven into our teaching
- A flexible, accessible online format
- A team that supports your journey every step of the way

Let today be the day you take that first step toward a deeply meaningful role.

- **♦ Speak to our course advisor:** +6142921134
- **Visit:** <u>relationshipsmatter.com.au</u>
- **Enrol now** in the Certificate in Psychosocial Recovery Coaching You bring the heart—we'll give you the tools.

+61412921134







### HELPING YOU BUILD BETTER RELATIONSHIPS THAT LAST

## **Our Courses**

- <u>Diploma in E-Counselling and Telephone</u>
   <u>Counselling</u>
- Certificate in Psychosocial Recovery Coaching
- Certificate in Support Coordination
- Certificate in Recognizing and Responding to Coercive Control



## **Connect with Us**

**Website:** <u>relationshipsmatter.com.au</u> **Email:** info@relationshipsmatter.com.au

**Social Media** 

Facebook: <a href="facebook.com/relationshipsmatterau">facebook: facebook.com/relationshipsmatterau</a>
Instagram: instagram.com/relationshipsmatterau

LinkedIn: linkedin.com/company/relationshipsmatterau