

The Recovery *Roadmap*

A COACHING
PROGRAM DESIGNED
TO DISCOVER
YOUR 'FUTURE-SELF'
AND FIND JOY
IN RECOVERY

EPIPHANY
RECOVERY

What if...



- ? What if... you had numerous tools and resources to draw on that helped sustain your recovery...
- ? What if... you could face fear with courage and make choices that are best for you and your recovery...
- ? What if... you could identify the character traits you need to embody to achieve the life you want..
- ? What if... you felt grounded in your goals and had realistic strategies to successfully achieve them...
- ? What if... you could recognize when change is necessary and embrace it as a milestone for growth...
- ? What if... you could change your beliefs to discover your 'future-self' and find joy in recovery?

Without being told your recovery 'should look' a certain way and feeling lost, scared, and confused most of the time.

Or feeling like you're playing a character in your own life – someone others expect you to be.



Here's the problem



Many of us spend (early) recovery...

- ⚠ Confused about who we are without drugs, alcohol and/or our eating disorder.
- ⚠ Struggling to understand our own thoughts and behaviour...
- ⚠ Pretending we're ok by putting on 'masks' and 'people pleasing' to get by...
- ⚠ Feeling disconnected, isolated and alone most of the time...
- ⚠ Paralyzed by fear and scared that if we 'screw up' we'll let everyone down, AGAIN...
- ⚠ Stressed about counting our 'abstinent days' so we can feel like we've achieved something...
- ⚠ Challenged by the monotony of it all, feeling like we're just going through the motions, and asking ourselves 'is this as good as it gets?'

Eventually many give up,
and I don't blame them.
Because feeling like
recovery sucks
is **HARD**.

Not knowing where you're
going or how to get there
can be confusing
and scary.

**BUT IT DOESN'T
HAVE TO BE
THIS WAY!**



Hi I'm Alida...



The Founder of Epiphany Recovery and the creator of The Recovery Roadmap Coaching Program.

Trust me, I know how it feels to be doing all the things you're "supposed to do" in early recovery and still hating your life.

For the first year of my recovery I existed, consumed heaps of coffee, watched way too much reality TV, and was completely miserable.

I didn't know which way was up, and just wanted someone to give me a map and show me the way.

Then at 18-months something changed - I had an EPIPHANY! I was at a retreat where I wrote a letter to my Future-Self. In that letter I made these five commitments:

- 1 I need to feel happy - not on the outside for others, but on the inside for myself.
- 2 If something's not 'HELL YES' I give myself permission to say no.
- 3 Boundaries need to be set. Some folks are going to be unhappy and that's ok.
- 4 Thoughts, behaviours and beliefs that no longer serve me need to go.
- 5 My life needs to be WAY MORE FUN!

My life since the day I wrote that letter hasn't been perfect; it's been hard and messy sometimes, but it was worth it. I WAS WORTH IT.

And you are too - which is why I created The Roadmap. We can all achieve our goals more quickly when we have accountability, direction, and someone to help navigate our path. This program is designed to discover your 'Future-Self' and find joy in recovery.



Who's the program for?

I've believe The Recovery Roadmap is best suited for two different groups of people:

- ★ Individuals who are struggling with the monotony of recovery, with who they are and what their life looks like.
- ★ Individuals who are looking to evolve their recovery, from one where they are surviving, to one where they are thriving.



Why I'm different

- I'm a Certified Addiction Recovery Coach who has built this program after hours of market research, dozens of insight interviews and years of lived recovery experience.
- I'll give you proven strategies and structure to accomplish your goals every single week.
- 'I practice what I preach.' The tools and exercises in this coaching program I use myself on a regular basis.
- I provide personalized feedback to help you feel calm and confident on your recovery journey.
- I support you with weekly LIVE coaching and grounding sessions, as well as unlimited daily messaging support.
- I am all about sustainable outcomes - you will have lifetime access to the Recovery Roadmap material.
- I'll teach you how to discover your future-self and find joy in recovery.



How it works

When you sign up for The Roadmap, we'll start with a call to discuss your recovery goals. From there, we will dive into the work and move through each phase of the program together.

PHASE I. ON THE INSIDE

MODULE 1 > Building your Recovery Capital & Mindset

Before the work starts, we need to understand where we're starting from. You'll begin with my 'Recovery Capital Building Bootcamp' to assess your current tools and resources. We'll also evaluate your recovery mindset to better understand your level of commitment to make changes.

MODULE 2 > Preparing for Growth

Here you'll learn about the 4 C's for growth and how to use them. We'll investigate areas where you're lacking confidence or making excuses and address them, moving you out of your 'comfort zone' and into a 'growth zone.'

MODULE 3 > Grounding with Goals

Goals help us achieve what we want in a direct and decisive manner. In this module you'll walk through my Wheel of Life Exercise to make your goal-setting simple and effective. We'll then set some future-focused goals, and map out realistic strategies and behaviours you can adopt to achieve them.

MODULE 4 > Building your Vision

In this module you'll craft a vision for your recovery that will help you to define who you want to be, and the experiences and accomplishments you want to have. This will become the 'WHY' for your recovery and you'll learn how to create that vision and then pave a road toward it.



MODULE 5 > Crafting your Character

In order to become who we want to be, we must step out of our comfort zone. To do this you will begin a transformation process from the inside, at the thought and belief level. This module teaches you how to craft your character by using our signature daily ritual - making achieving your goals a reality.

MODULE 6 > Creating future YOU beliefs

It IS possible to change the beliefs we have about ourselves through the very same conditioning we experienced when we were children. Here you'll learn to form 'future-YOU' beliefs, and align them to the recovery life you want.

PHASE II. ON THE OUTSIDE

MODULE 7 > Changing for real

In this module we'll closely examine both the reasons why we have resistance to change, and why change is necessary for our growth. You will participate in the 'Running into Resistance' regime, explore the three key attachments that can prevent change, and learn the power of peacefully detaching.

MODULE 8 > Succeeding on your own

This module is all about the beauty of boundaries. Learning to set boundaries can feel uncomfortable, AND they are necessary to protect our recovery. Here we'll do a boundary analysis, get clear on the boundaries that need to be set, and then begin to establish some. By setting and holding our boundaries we can cultivate healthier relationships while building our sense of self-worth.

PHASE III. ON THE ROAD

MODULE 9 > Managing the highs & lows

For years many of us tried to avoid our emotions. However, in recovery we need to confront them. Here you'll learn to use Cognitive Reappraisal and shift your thinking, to enjoy emotional highs and effectively manage the lows.

MODULE 10 > Facing fear with courage

Our fears are often about regrets of the past and negative predictions for the future. In this module you'll learn how to embrace a 'Be-Do-Have' mentality so you can create a life that is lived day-by-day with courage.



The Recovery Roadmap

The Recovery Roadmap is a 90-day, 3-phase coaching program where you will discover who you want to be, then learn how to actively guide your recovery in the direction you desire.

With this program, you will receive:

- ✓ 1 introductory and 1 next-steps session
- ✓ 12 Weeks of coaching calls
- ✓ 12 Weeks of weekly grounding calls
- ✓ 12 Weeks of weekly accountability check-ins
- ✓ Weekly recovery trainings, assignments and ongoing feedback
- ✓ 10 weeks of detailed curriculum
- ✓ Unlimited messaging support

Are you ready to discover who you want to be,
and then learn how to be that person on purpose?



What's Next?

Want to work together?



Click below to book a complimentary discovery call where we'll get to know each other. I'll ask some questions about your goals, why you're interested in the program, and what your recovery journey has looked like so far.

At the end of our call, one of two things will happen:

1

We'll either be a great fit, and you'll get ready to begin The Recovery Roadmap...

OR

2

If it's not a good fit, that's okay too. There won't be any hard feelings on my part, and NO obligations on yours. I may suggest another path, and point you in the right direction.

LET'S DO THIS!

