
Tapestry Coaching: Continuing Care for Executive and Professional Women in Recovery

High Touch, High Value

**Are you an executive or professional women
in the early stages of recovery?**

**Have you found yourself thinking
any of the following?**

- If I'm going to maintain my sobriety and regain a sense of who I am, I can see now that I'm going to have to make some significant changes in my life. I need support to figure out what to do next.
- It may be just my imagination, but since returning from treatment I seem to be viewed differently at work. I just want to get my job done and be effective. Why does this feel so challenging now?
- I go to 12-step meetings but I'm having difficulty relating to the people in the group. They're supportive but they don't seem to understand where I'm coming from. I'd like to connect with other women who have issues similar to mine.
- I don't know how I'm going to manage all the travel and social events that my work requires and maintain my sobriety. I have to figure out how to manage myself in these situations gracefully and with strength.
- I'm sober but I came home to family and friends and they haven't changed, Not that they should, this is my journey, but why am I so frustrated all the time? And how can I deal with this?
- No wonder I drank all the time. Now that the fog has lifted I can see that my current career isn't even close to being a good fit for me. It's time for a change.

**If any of these statements ring true for you, consider
Tapestry Coaching's confidential year-long continuing care
program for women in recovery. Now that you've done the hard
work of getting sober, get the ongoing support you need to *stay* sober.**

Executive and Professional Women in Recovery

Too often, women in recovery struggle to stay sober, sometimes even after multiple visits to treatment. Research reveals that 47% of those treated in private treatment programs return to chemical use within the first year following treatment (Gorski, 2001). Further evidence shows that approximately 90% of alcoholics are likely to experience at least one relapse over a four year period following treatment. The highest chance for relapse is during the first 60-90 days of sobriety.

Women tend to enter treatment in greater psychological distress, with lower self-esteem, and with more depression. Once out of treatment, they often have a greater need for ongoing support due to the many demands they face in their lives, both at home and in the workplace.

Borrowing from the world of executive coaching and mentoring, Tapestry Coaching is designed to support women in continuing their course of recovery. Our year-long program is *high touch, high value*.

Are you committed to a new way of living now that you're sober?

The women we work with are motivated and committed to doing the work necessary to create lives filled with meaning and purpose. They are ready to create a new vision for living more fully and with passion for everything they do. They want to continue to grow – professionally, personally, intellectually, emotionally, and spiritually. And they want to do all of this in the presence of other women who really understand the journey they are on and who are ready to walk the path toward with them toward a bright, successful future.



About The Program

We've designed our year-long aftercare program to meet the unique challenges that executive and professional women in recovery face during early sobriety. Each program consists of no more than six women (your "class") who stay connected by phone and in person over the course of the year. The program includes:

Private one-on-one coaching sessions: Immediately upon leaving treatment you'll begin working privately with your recovery coach. These weekly sessions are conducted by phone so that you are never without immediate access to the support you need. Initially you will establish a relationship with your coach, decide what it is that you'd like to focus on over the course of the coming year, and create an early aftercare plan to follow. During subsequent coaching calls you will report how you are doing, discuss any struggles you may be having at work or at home, make plans and set goals for the coming week (and longer term, as indicated), and receive personalized support as you begin to engage in life as a sober woman.

Weekly group telephone meetings: Within a few weeks or months of leaving treatment and beginning our program, you'll join a "class" of several other women who are also in the early stages of recovery. For the remainder of the year you'll engage in weekly group support sessions which will be held by phone. Here you will share your stories, learn from others, and meet women who you'll very likely stay connected with for the rest of your life.

Optional group retreats: Throughout the year, we offer three and four day retreats for women who are participating in our year-long aftercare program. Retreats are held at Tapestry Lodge in beautiful Pagosa Springs, Colorado and at other locations throughout the country, depending on the time of year. These intimate retreats are customized to meet the needs of the women in each class and may include workshops, experiential learning, solitude time, and small group work, time in nature, yoga, meditation, guest speakers, and outdoor activities such as hiking, rafting, or skiing. Participants may schedule private coaching sessions, body work, spa treatments, and variety of other services during the retreats.



Program Benefits

When you join our program and connect with your own group of women in recovery you'll enjoy the following benefits.

- Improve your odds of staying sober long term.
- Leave treatment with a built-in support system so that re-entry at work and at home goes smoothly.
- Ongoing support for a full year and connection with other women who are going through the same things you are going through.
- Time and space to focus on you – to reevaluate, repurpose, and renew.
- Private weekly coaching sessions where you can discuss issues and challenges as they arise, establish goals for yourself, and be supported and held accountable as you re-design your life as a sober woman.
- A customized support group to serve as an adjunct to 12-step and other counseling work you may be engaged in.
- A confidential forum where you can express feelings and address struggles with complete safety.
- Realize a positive return on the investment you've made in your recovery.

Take the Next Step Now

Whether you're in treatment as you're reading this, about to enter a treatment program, or you are recently out of treatment and on your own, you can take advantage of the services and benefits offered in our comprehensive aftercare program. The fee for the full year is dependent on the month you start the program. The optional retreats are priced separately.

We Look Forward to Hearing From You

Contact Jana Heckerman today to find out more about how our program works and how a full year of ongoing support and connection with other women can help you on your journey to a full and complete recovery from addiction. Visit www.tapestrycoaching.com for more information, including Jana's bio and information on other coaching services she offers for women in recovery.



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