

RECOVERY COACHING

Recovery Coaching from Marc Hertz Consulting provides both the guidance and accountability to build a strong foundation for ongoing recovery. It fills the gap between the treatment provider and the recovery community.

It provides a level of accountability during the critical period when the individual is transitioning in to the recovery community.

Marc Hertz Consulting will:

- Determine the client's needs
- Help the individual identify and work through existing barriers to recovery
- Assist the client in navigating the local recovery community including meeting locations, sober recreational events, fellowship functions and other recovery activities.
- Institute a plan for a program of recovery that includes the client finding the right sponsor, working the 12 Steps, meeting attendance, service work, etc.



Along with Recovery Coaching, Marc Hertz Consulting, LLC also provides:

PERFORMANCE IMPROVEMENT

Improving effectiveness for better:

- Health
- Wealth
- Self-expression
- Relationships

Training for:

- Enhancing intuitive skills
- Relaxation/meditation

ADDICTIONS SOLUTIONS FOR ORGANIZATIONS

- Assessments
- Recovery coaching
- Addiction recognition training
- Interventions
- Drug testing

FAMILY SERVICES

Marc Hertz Consulting also works with families who are suffering from the effects of addiction.

- Family recovery coaching
- Communication skills
- Community resources

recovery coaching



651.308.6716 cell | 651.429.8869 fax
mhzmrc@gmail.com
311 Ramsey Street, Suite 210
St. Paul, MN 55102





Marc Hertz has an understanding through personal experience of the barriers that can prevent addicts from developing a level of comfort in recovery.

These barriers may be internal, such as low motivation or a lack of willingness. Other issues like housing, employment or nutrition can hijack the focus of an addict in early recovery.

Some addicts acquire negative beliefs from previous attempts at recovery that can result in justifications for relapse. *Thinking that they are not doing it for the "right reasons," or that they are wasting their time if they don't "want to quit."*

Most addicts don't want to quit doing their favorite thing. This comes later with some clean time as they start seeing the benefits. What ever brings the addict to the table of recovery is a good thing. If they hang around long enough and do this as prescribed they will find the "right reasons."

"Addicts need help working through these barriers."



If an addict's favorite drug is not alcohol and they make it through treatment without getting excited about the "Big Book" of Alcoholics Anonymous, they can still develop a passion for recovery and the 12 Steps. This is possible with the right recovery coach.

"The aftercare plan provided in treatment needs to make it out of the backpack, on to the table and in to use in daily life."

Marc Hertz Consulting can work as liaison between young people and their families. When the family attempts to police the addict's progress in recovery, an already strained relationship can be sabotaged and an atmosphere is created that makes it difficult for the addict to be comfortable in their recovery.

"As an addict in recovery since 1991, with family members who have had their own addictions-I've been there on both sides."



- Addict friendly landlords/ sober housing
- Funding for sober housing
- Shelters/transitional housing
- Therapists
- Medical Doctors
- Psychiatrists
- Clean and sober recreation
- Area 12 Step and other support groups
- Members of the recovery community with common interests that can share resources.