

Are you a Life Coach or Recovery Professional seeking a Certification in a High Demand Niche?

BALM® believes Families CAN be their loved one's BEST chance at Recovery

Join Us!

BALM® Intensive Retreat

Live (In-Person) or Online

Friday June 7-9, 2019

St. John's Retreat Center

Magnolia, Texas

\$999 Tuition and \$120 per night for room and board.

If anyone is thinking of training to become a BALM® Family Recovery coach, all I can say is that you will get so, so much more out of it than just becoming a coach. It is a life/game changer.

Lucy Tomkins,
BALM® Family Recovery Life Coach

The BALM® Intensive Retreat is designed to immerse Life Coaches, Recovery Professionals and Seasoned "Balmers" into the BALM® Method and is a pre-requisite for all BALM® Certifications.

BALM® Family Recovery Life Coach Training is fully ICF Accredited (ICF-ACTP). It offers a niche in Life Coaching along with the high-demand specialization of Family Recovery.

BALM® Facilitator Certification is for licensed professionals (RN's, counselors, therapists, administrators, educators, interventionists, etc.) who want to use the BALM® method in their treatment programs, schools and facilities. This is not Life Coach Training.

You will leave the BALM® Intensive Retreat with:

- 1** 7 Steps to Being a Loving Mirror - the foundation to becoming your loved one's best chance at recovery
- 2** A new skillset in a high-demand niche in Life-Coaching and Facilitation in recovery
- 3** Meditation, journaling and yoga that will have you feeling refreshed and renewed

Enroll in BALM® today!



BALM

Training Institute and Family Recovery Services

Visit balmfamilyrecovery.com or call toll free 888-998-2256

BALM® Intensive Retreat: Transformative Solutions To Addiction 101

ACTIVITY	TIME	FRIDAY	SATURDAY	SUNDAY
Meditation (opt)	7:00 AM			
Yoga(opt)	7:30 AM			
Breakfast	8:00 AM			
	9:00 AM	Journal Your Way to BALM® Recovery Journal Your Way through BALM® Principles 1 and 2: Principle One: The Family Has a Crucial Role To Play in a Loved One's Recovery Principle Two: Change Happens in Stages	Step Three: Become Aware of Your Inner Emotional Landscape without Judgment Impact of Loved One's Behavior on Family Member Don't burst or shut down! Learn how to become aware of your feelings to enhance your ability to cope with challenges.	Step Six: Have a Loving Conversation at the right time and in the right place You CAN learn how to communicate effectively with your loved one. The BALM® Shows You How!.
Practice Time	10:30 AM	Journal Your Way through BALM® Principles 3 and 4 Principle Three: It is important to let go without giving up or giving in. Principle Four: You can be your loved one's BEST chance at Recovery	Group Discussion	Practice holding scripted BALM® conversations
Lunch	12:00 PM			
7 Steps	1:00 PM to 2:30 PM	Step One: Be the Peace You Wish to See in the World Effective BALM® Coping Behaviors start with the practice of peace. Learn how to build peace into your own heart and mind regardless of the chaos around you.	Step Four: Document, Document, Document Documenting what you see - the value of a fact-based journal Use case studies, templates and guides to help you build your skills.	Step Seven: If necessary, set a boundary. Boundaries - understanding when, how and why to set them
Practice Time	2:45 PM to 4:15 PM	Practice BALM® 'Be the Peace' Skills with a buddy	Q and A Time	Pulling It All Together! How to use this going forward Live help, resources, and recordings in the BALM® to help you move forward powerfully!
Rest/Silence	5:00 PM			
Dinner	6:00 PM			
Evening Talk	7:00 PM to 9:00 PM	Step two - Observe what you see and hear objectively Impact of Family Behavior on the loved one - Learn and practice the two key BALM® puzzle pieces to build clarity into your life.	Step Five: Script a loving conversation with your loved one Scripting and having a BALM® conversation with a struggling loved one	
Nightly Wrap Up	9:00 PM		Celebration Campfire	