

Zebra's can't; but you can!

With the help of the Recovery Coaches at Motivate 4 Success.

We have faith in your recovery, and are here to help you create a program for living a sober lifestyle. The Coaches at Motivate 4 Success understand the stages of recovery, and encourage your growth by suggesting challenges at the right times. Working with you to guard against threats to your recovery, and put your program first.

50% of individuals completing a treatment program will relapse within 90 days of going home.

Get the support you need,

Where you need it, at work, at home, in the company of friends and family. The vacation is over, it's time to start living your life sober, where you want to be.



What is a Recovery Coach?

- A Certified Recovery Coach has been where you are, and has learned how to use that experience to guide and motivate you.
- Recovery Coaching offers you and the people that love you a solid, long term support system.
- Our Coaches focus on recovery where you live, work and play.

**Call Today To Schedule
Your Free Discovery Session
(949) 375-2626**

620 Camino De Los Mares, Ste. E281
San Clemente, CA 92673

www.motivate4success.com

Motivate **4** Success
When Change is a Must

Recovery Coaching



**Is it true
what they say,
you can't
change a
zebra's stripes?**

Helping you find solutions to living with addictive behavior.

What we do.

Daily Conversation

That focus on your daily goal, your gratitude, what is good in your life right now.

Private Sessions

One-on-one coaching focused on you.



Relationship Support

Creating new, healthy relationships.

Friends and Family

Helping the people that love you learn to live with the new, sober you.

Emergency Mini Sessions

Our coaches are on call 24 hours a day, seven days a week—that's how important you are to us.

Learning to take care of yourself

We help you find the right professionals, and the best services for each stage of sobriety.

Celebrate Sobriety

Recognize your milestones in Sobriety.

Relapse intervention & Support

help before, during, and after a relapse.

Documented Monitoring

We remove your family from the role.

Shifting the connection from Treatment to Home.

You want to go home,

You want to succeed in recovery, but you also want to go home to your job, your family, your life.

You can.

Your time away has taught you the skills you need. We are here to help you put these tools into action. Bring one-on-one support home with you by phone, email and the internet.

Back to life, back to reality

After treatment, you need to learn to live so that you don't



feel the need to drink or use.

Real recovery takes place at home, at your job, in your

day-to-day life. It might mean changing your relationships with friends, family, and co-workers, but the goal is to keep you, and your relationships, healthy.

Take the next indicated step and schedule your discovery session

(949) 375-2676

Your privacy and confidentiality is our concern. In fact, we guarantee it.

What do you need ?

Support

Sobriety cannot be achieved alone. Let us support you while you build a sober life with the skills you just learned in a pristine environment. You have a new bat, and we can teach you how to swing it!

Relationship Skills

You may have burned a lot of bridges, and need to gain back trust. Your past behavior is what they know. The people that love you need to



recover, just like you. We can help you take old relationships and transform them to new healthy ones.

Coping Skills

Your problems will not magically disappear once you're sober, but you can learn to deal with them. Your Coach will help you develop coping skills for any situation, and work through the triggers, as they come up.