

RECOVERY LIFE TEAMS

Stepping Ahead

Do you want to go to the next level?

Are you ready to go "all in" to reach greater personal and professional heights?

Join a Life Team. Participation involves joining others to meet for one half day every month for a year. The typical format involves reviewing progress on your goals, receiving didactic training and participating in a professionally facilitated process group. Then throughout the month you communicate with your homework partner to gain support on your growth.

First you will choose 3-4 stretch goals meaning they require extending yourself beyond your comfort zone and pushing yourself to the limit to realize. Each month we will have a check in and review to track progress and share challenges. During the month you will talk with others in your group to help them and get help on reaching your goals.

Didactic training will be provided on topics such as:

- Character development and optimizing strengths
- Emotional intelligence
- Dealing effectively with negative realities
- Boundaries and codependency
- Goal setting and self-actualization
- How to confront well
- Creating highly functional relationships

Process Groups facilitated by a Master's prepared facilitator will give you a safe and confidential setting to unpack yourself, your challenges while getting input and clarity from others.

Personal Coaching. Each member has six one-hour coaching sessions that can be face-to-face or on the phone to support their growth throughout the year and get personal assistance in tackling issues getting in the way of their growth.

Location: Sessions are held at 480 West 78th St. Suite 114 in Chanhassen.

Application: To apply for membership in a Life Team, submit an application. A follow-up call will be made to interview applicants to choose the best fit for each group. When you are confirmed in a group, you can reserve your space by submitting a non-refundable deposit of \$500 within 5 days.

Life Team Fee: \$1200 per year *Cash & Credit Cards accepted.

Payment Plans available. Limited partial scholarships available.

Still have questions? Contact Brenda Greig at 612-567-8817 or Brenda@SteppingAhead.com



Brenda Greig has a Master's in Addiction Counseling from Hazelden Graduate School of Addiction Studies. She has over eight years of personal sobriety and extensive experience working with people who desire freedom from the addictions that hold them hostage. Brenda has over twenty years of experience in the corporate environment and has been in leadership roles for non-profit and for-profit entities. Her leadership experience combined with passion for living life to its fullest will inspire you to do the same.

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