

EDDY COCKERELL

RECOVERY COACH



PERSONAL

Name	Eddy Earl Cockerell IV
Birthday	2nd March 1968
Sobriety Date	20th March 1990

CONTACT

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REFERENCES

Available upon request

"Eddy is one of the most spiritual, loving and kindest people in the world. He genuinely cares about helping people grow. He is a fabulous listener and has a calm about him that is contagious. Eddy draws on his own experience to connect with people and help them see where the right path is. He always gives suggestions, and never talks 'at' people. I can't say enough about how amazing he is!"

— Kay C.

HELLO

It is my honor to present you with this brief overview of my experience and passion for helping others. I have been clean and sober for over 27 years and have been involved in providing support and guidance to individuals, groups, and families affected by addiction for over two decades. Many in the throes of addiction have so alienated their family, friends, and society that they have lost all hope. It is these individuals for whom I have found a sincere affinity and love. I get these people. I relate to these people and understand their plight. I was given the gift of sobriety and awakening specifically to share my experience, strength and hope with others and I do so with immense gratitude.

As a Recovery Coach, I apply a very simple approach to aiding the individual and the ravaged families during the process of recovery. Together, using patience, tolerance, kindness and understanding, we can do the work required to transcend the limiting and false belief systems that have taken over the individual. My gift and purpose in life is the ability to roll up my sleeves and get to the task of addressing issues of trauma, grief, and stress with a client in their early convalescent days of sobriety. I pray that you and your loved ones find the peace and calm that exists within each of you; and in the face of these seemingly insurmountable challenges, that you know help is available.

Eddy Cockerell

Yours sincerely,
Eddy Cockerell

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"You are my most important sounding board. As a gay man I have come to respect your flexibility and understanding of my sexuality, my trials, tribulations and most of all, my goals. You shared joy in my triumphs, and you got me out of my doldrums. Having you in my corner has built my ability to be in balance, to be intimate with others, as well communicate clearly my needs and wants. You are a gift in my life as well as an indispensable part of my world."

— John B.

"Few times in our lives do we have a chance to be supported in ways we don't usually support ourselves. If you have a chance to get to know and work with Eddy, don't think about it too much...take the jump and allow yourself to be supported the way I did. He is a very special person, a wonderful human being and an amazing coach. You will be glad and grateful like I am."

— Jill W.

PROFILE

My coaching reflects my vast life experience. I am in long-term addiction recovery and I am a life-long spiritual seeker. Under the tutelage of many master teachers of various energy arts and spiritual practices, I have much to share. My certification training in life coaching came from the Life Coach Institute of Orange County and I am currently certifying as a Peer Recovery Specialist and Registered Alcohol and Drug Technician (RADT). All of this education and training informs my practice and provides reliable depth to my services.

I combine insight, intuition, and an ear for nuance with: humor, joy, and deep respect for the human experience. I have the courage to strongly meet my clients in either their joy or pain. Many find my approachable manner soothing and at the same time remark that I ask a lot of them. My strong faith in my clients and my deeply grounded strength comes from my personal experience with addiction, my education and training, and an inspired spiritual outlook.

Philosophy of Care

- I believe in providing appropriate coaching for each client, referring him or her to others when a problem is beyond my level of skill or scope of practice.
- I believe that accurate assessment includes the willingness to see the dark as well as the light and to accurately identify the issues without judgment.
- I believe in guiding by example and so am personally committed to life-long learning and maintaining habits of good health.

Professional Ethics

- I agree to uphold the professional ethics of Recovery Coaching and to empower, inform, and offer choice to my clients.
- I agree to maintain strict standards of client confidentiality.
- I agree to cultivate and maintain appropriate sexual boundaries.
- I will promptly refer clients to others when I cannot help them.
- I agree to listen to my conscience and my intuition, to speak the truth compassionately, to listen deeply, to honor differences of culture, race, spirituality and religion, sexual preference, and life style choices.
- I agree to make all efforts to reconcile and resolve all conflicts no matter how small, and to work towards self-transformation.

Professional Bio

- Certified life coach since 2013
- Committeeman for 24 years at The First Step House of Orange County (Men's Detox)
- Past Board member at The First Step House of Orange County
- Group process leader for Coastal Recovery Inc.
- Peer Recovery Specialist and Registered Alcohol and Drug Technician (RADT) in training
- Certified Instructor Tai Chi Easy™
- Trained Practioner of Emotional Freedom Technique (EFT)
- Student and Practioner of multiple methods of meditation, breathing and QiGong techniques

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"Eddy is truly one of a kind. His deep intuition, strong dedication to his work and his clients, and professionalism are stellar. He raises the bar as a Recovery Coach, and sets the tone for success with his clients. I absolutely enjoy collaborating with Eddy."

— Addiction Center Owner

Thank you for allowing me the opportunity to outline where my experience and training can best serve your Center. My passion and most effective work is direct with coaching clients, in groups, and in "one on one" settings. Through my long journey and experience in recovery, I relate to clients on a personal level and have the ability to effectively guide them through their journey through early recovery. My goal is to see them successfully complete their treatment process and transition into life with the tools and skills necessary to navigate through the low spots that we all face, while remaining clean and sober. Below are the areas that would allow me to shine and be a great addition to your team.

Process Group Facilitator:

Through the use of the Joe & Charlie "Big Book Comes Alive" series of live talks and worksheets the clients will learn the exciting History of Alcoholics Anonymous along with gaining a thorough working knowledge of the Big Book of Alcoholics Anonymous. This is a progressive process taking several weeks.

General group discussion on current treatment processes and experiences addressing concerns, successes, home/daily life and general attitude.

Life skills practices specific to the treatment process and community, such as problem solving, issue resolution, treatment community behavior, appropriate communication with staff and treatment team members.

Non-sectarian spiritual and meditative practices along with gentle exercise to help balance the nervous system and produce a general sense of well being. Tai Chi, QiGong, EFT (Emotional Freedom Technique or Tapping), sitting and standing meditation, guided meditation and breathing exercises.

One on One Recovery Coaching:

Taking the many wonderful components of the tools provided throughout the Big Book of Alcoholics Anonymous and Life Coaching practices, I will weave these into practical life skills for the clients to have an incredibly strong foundation for their treatment process and continued sobriety as they transition forward to aftercare and normal daily life.

Treatment Program Consulting:

I am well equipped to help strategize, develop and implement specialized treatment related programs such as staff coaching, mentorship, job creation, VIP programs and community outreach to name just a few.