

About Substance Abuse Recovery Coaching with Robert Ben Mitchell

786-262-5750 (USA) www.trafn.com/coach.html

Who: Robert has been in stable substance abuse recovery since 1990. He has been a Florida (USA) licenced Osteopathic Physician since 1998, and in 2015 he received his Board Certified Coach designation from The Center for Credentialing and Education (Greensboro, North Carolina, USA). During his career, he has help thousands of people suffering from drug dependency, and he now assists clients using a multi-modality* approach grounded in wellness, health, relationship, and substance abuse coaching.

What: **Coaching is a conversation with the focus on your future**, and in 2016, Robert began offering anonymous and confidential substance abuse telephone coaching to help those who wish to stabilize and maintain their recovery from substance abuse. Focusing on client privacy and ease of access, he collaborates with individuals seeking to strengthen and enhance their ongoing personal, social, and professional recovery experience.

Where: Recovery coaching with Robert is available worldwide to anyone fluent in English who can reach him at **786-262-5750** (USA).

When: Weekly, one-hour sessions are available weekdays and weekends between 8:00 a.m. and 9:00 p.m. USA EST (-5:00 GMT). The duration of coaching is client-determined and can be either short-term, intermittent, or ongoing, with clients taking the lead in determining their goals, designing their action plans, and assessing their progress throughout the coaching process.

How: Coaching sessions are done by telephone and, to maintain their anonymity, clients may use a fictitious name and telephone masking services like **Google Voice**. To guarantee satisfaction, clients pay after each coaching session only if and when they want to schedule another session. Payments are done by credit card through PayPal, but clients do not need to have a Paypal account, and credit card masking services like **Abine's Blur** may be used.

* - Only coaching services are provided. No medical, clinical, or physician-based services are provided.