

# Psychosocial Recovery Coaching



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## Working with a Psychosocial Recovery Coach

Our Psychosocial Recovery Coaches support individuals living with a psychosocial disability to take more control of their lives and manage the complexities of daily life. Your Coach works with you, your family and your wider support networks to build a robust recovery plan around your unique strengths, needs, and goals. Your Coach will equip you with strategies to grow resilience, build capacity, and enhance decision-making abilities.

Our person-centered and highly ethical approach to psychosocial recovery coaching is all about empowering you to reach your goals and build your ideal lifestyle. After all, you're the expert when it comes to your own life.

## How we can support you

- Ensure that you are linked to the correct and best providers for your needs.
- Provide connections to mainstream or community services.
- Support the implementation and ongoing review of NDIS goals.
- Advocate alongside you to achieve desired outcomes.



## Your journey with a Coach

Your Coach will develop a deep understanding of your aspirations and ideal lifestyle, and will work closely with you and your support network to create a tailored recovery plan. Using this plan as a guide, your Coach will connect you with NDIS service providers who will add value to your life and help you manage your mental health.

Your Coach will maintain contact with you and your support team to assess your progress. They will celebrate your wins, listen to your feedback, and seek out opportunities to improve your plan as your journey progresses.

## By you, for you

Over thirty years ago, a group of people living with disability realised that no one was better equipped to choose the kind of support they needed than themselves. Honing their knowledge and skills, together they became architects and builders of their own individualised disability services.

Today, Enhanced Lifestyles remains a member-governed not-for-profit, our Board predominantly comprised of people who use our services. By designing support services based on lived experience, we deliver the services people want to live life the way they choose.



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**ENHANCED**  
**Lifestyles**

**By you, for you.**