



10-WEEK GROUP COACHING PLAN



University of Brighton

Contents

Standard Session Flow	Page 3
Week 1 Welcome, Safety & Our Stories	Page 4
Week 2 Identity, Lived Experience & Gambling	Page 5
Week 3 Stability, Safety & Early Recovery	Page 6
Week 4 Shame, Secrecy & Self-Compassion	Page 7
Week 5 Trauma, Triggers & Resilience	Page 8
Week 6 Coping Skills	Page 9
Week 7 Relationship, Community & Belonging	Page 10
Week 8 Finances, Control & Self-Worth	Page 11
Week 9 Living Authentically in Recovery	Page 12
Week 10 Looking Forward, Pride, Growth and Sustainability	Page 13

Standard Session Flow



Opening Check-In

- Participants are invited to share one word, number and how their week has been and how they are feeling
- "How am I arriving today?"
- Number Scale (1-10)



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Weekly Intention & Personal Goal Setting

- Weekly Intention: How do I want to show up this week?
- Personal Goal: One realistic, self-chosen action to support recovery
- Shared verbally, in chat, or kept private



Core Theme & Activities

- Theme-specific content, discussion, and exercises (outlined within document)

WEEK 1

Welcome, Safety & Our Stories



Session Intentions

- Build psychological safety and trust
- Reduce isolation
- Establish group culture and boundaries
- Establish terminology each person uses such as affected other
- Open talks around stigma and shame experienced



Weekly Intention & Goal Setting

Intention example:

"This week I intend to be gentle with myself."

Goal examples:

- Attend all sessions
- Identify one support or grounding activity



Core Activities

- Introductions with names/pronouns (optional)
- Opening check-in
- Group agreements (typed up on template and shared with all group members after the session)
- "One thing about me beyond gambling" share
- Reflection: "What brought me here now?"



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal.

- Group Charter Template

WEEK 2

Identity, Lived Experience & Gambling



Session Intentions

- Explore the connection between LGBTQ+ identity and gambling
- Reduce shame and self-blame
- Build self-understanding
- Explore shame and stigma relating to identity and experiences



Weekly Intention & Goal Setting

Intention example:

"I intend to notice when I'm being hard on myself."

Goal examples:

- Journal or reflect once on identity and coping
- Notice one trigger without judging it



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Core Activities

- Opening check-in
- Minority stress overview
- Discussion: "When gambling felt protective"
- Chat reflection on identity messages learned growing up, how our own identity is linked to gambling, and how we challenge this



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal - please complete before Session 2.

- Minority Stress Sheet
- Identity Sheet

WEEK 3

Stability, Safety & Early Recovery



Session Intentions

- Support emotional and practical stability
- Identify safety needs
- Strengthen early recovery foundations
- Explore shame and stigma within early recovery



Weekly Intention & Goal Setting

Intention example:

"I intend to prioritise steadiness over perfection."

Goal examples:

- Use one grounding or safety strategy during the week
- Reduce exposure to one known risk situation



Core Activities

- Opening check-in
- Discussion: What does stability mean to you?
- Discussion: What does safety mean to you?
- Discussion: How have you established, or how are you establishing, stability and safety in early recovery?
- Recovery Toolkit Exercise



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal - please complete before Session 3.

- Recovery Toolkit Exercise
- Stability & Safety in Recovery Sheet

WEEK 4

Shame, Secrecy & Self-Compassion



Session Intentions

- Address shame linked to gambling and LGBTQ+ identity
- Introduce self-compassion
- Reduce secrecy
- Explore shame and stigma and becoming self-compassionate with this



Weekly Intention & Goal Setting

Intention example:

"I intend to speak to myself with kindness."

Goal examples:

- Practise one self-compassion exercise
- Share honestly with one safe person (optional)



Core Activities

- Opening check-in
- Shame & Compassion Exercise
- Discussion: Have you felt shame and how did you overcome it?
- Discussion: Do you hold secrets and does this impact your recovery?
- Discussion: Developing self-compassion



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal - please complete before Session 4.

- Shame & Compassion Exercise

WEEK 5

Trauma, Triggers & Resilience



Session Intentions

- Increase awareness of trauma-linked triggers
- Build resilience
- Encourage support-seeking



Weekly Intention & Goal Setting

Intention example:

"I intend to respond, not react."

Goal examples:

- Use a regulation skill during a trigger
- Identify when extra support is needed



Core Activities

- Opening check-in
- Discussion: Identifying triggers - do I know what mine are?
- Discussion: How do I cope when I get a trigger?
- Discussion: What are my strengths and resilience examples?
- Discussion: My trauma's influence on recovery, triggers and gambling



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal.

- None required

WEEK 6

Coping Skills



Session Intentions

- Expand coping options
- Reduce reliance on gambling
- Increase confidence in managing urges
- Increase confidence in managing shame and stigma



Weekly Intention & Goal Setting

Intention example:

"I intend to pause before reacting to urges."

Goal examples:

- Try one new coping skill
- Track one urge without acting on it



Core Activities

- Opening check-in
- What is Urge Surfing?
- Discussion: What is currently my coping strategy?
- Discussion: Could I do anything differently or expand my recovery capital?



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal - please complete before Session 6.

- Urge Surfing Sheet

WEEK 7

Relationship, Community & Belonging



Session Intentions

- Strengthen healthy connections
- Address gambling in LGBTQ+ social spaces
- Build boundaries
- Look at shame and stigma associated with relationship, community and belonging



Weekly Intention & Goal Setting

Intention example:

"I intend to protect my energy and recovery."

Goal examples:

- Set or practise one boundary
- Reach out to one supportive person



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Core Activities

- Opening check-in
- Community & Support Mapping
- Boundary Setting Discussion
- Discussion: Where do you feel like you belong?



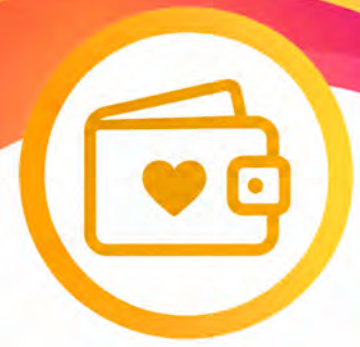
Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal.

- Setting Boundaries Sheet

WEEK 8

Finances, Control & Self-Worth



Session Intentions

- Reduce financial shame
- Reclaim confidence and control
- Connect money choices to values
- Identify shame and stigma in relation to self-worth



Weekly Intention & Goal Setting

Intention example:

"I intend to be honest and curious about money."

Goal examples:

- Check finances once without avoidance
- Set one small financial boundary



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Core Activities

- Opening check-in
- Discussion: What are my beliefs about money and finances?
- Discussion: Does my spending match my values?
- Budgeting and planning discussion



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal.

- Values Sheet
- Beliefs Sheet
- Writing a Budget Plan Sheet

WEEK 9

Living Authentically in Recovery



Session Intentions

- Align recovery with authentic identity
- Increase pride and self-trust
- Strengthen motivation
- Overcome shame and stigma to live authentically



Weekly Intention & Goal Setting

Intention example:

"I intend to live in alignment with my values."

Goal examples:

- Take one action that reflects authenticity
- Express identity safely in one way



Core Activities

- Opening check-in
- Understanding my values discussion
- Identity affirmation discussion
- Give Yourself an A Exercise



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Number Scale (1-10)



Resources Required

All Resources can be found in the Coaches area, in the 'Recover with Pride' tab, on the Reframe Coaching portal - please complete before Session 9.

- Give Yourself an 'A' Worksheet

WEEK 10

Looking Forward, Pride, Growth and Sustainability



Session Intentions

- Reflect on progress
- Support long-term recovery
- Create meaningful closure



Weekly Intention & Goal Setting

Intention example:

"I intend to continue choosing myself."

Goal examples:

- Identify next support or step
- Commit to one ongoing recovery practice



Core Activities

- Opening check-in
- Personal Recovery Maintenance Planning Discussion
- Group reflection and thoughts
- What's next discussion
- Closing remarks from all



Closing Check-Out

- "One word I'm leaving with"
- "One thing I'm taking into the week"
- Optional grounding or affirmation
- Remind everyone to complete end-of-group coaching evaluations
- Number Scale (1-10)



Resources Required

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- None required