

Jill Orhn Recovery Coaching to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- The decision to give up the lifestyle of addiction and enter recovery can be tremendously fearful and isolating, like moving away from home and never speaking to anyone again. Everyone has their own path to recovery, but with the help of a recovery coach, you can develop strategies to successfully navigate the transition to sobriety

A recovery coach is a certified non clinical professional that supports you as you begin a new life without substance abuse. Jill Orhn is a recovery coach and the founder of Jill Orhn Recovery Coaching, where she helps women who are considering treatment or have recently left treatment to build a new vision for their lives. Jill supports women in transition who feel lost or hopeless or believe they don't have anyone to support them.

"A recovery coach helps to keep you on the path to stay sober by teaching day-to-day skills and establishing new routines," says Jill.

"We take away the shame and the stigma of being alcoholic or an addict and the idea that this is who you are for life. I've been sober five years. I consider myself a recovered alcoholic. It's something I used to do. I am not ashamed of being an alcoholic but today I have a lot of other ways to describe who I am."



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Jill Orhn

Transition can be difficult, but if we can get past the fear of change, we can emerge with more wisdom, strength and focus and a better understanding of ourselves. Jill helps her clients to recognize what areas in their life they need to find balance and how to recognize the negative thinking and triggers that can compromise sobriety.

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says Jill. "We talk about what's missing and how we can change. We set small goals to gain confidence and belief in ourselves as we move through this process, and those small goals help get them to a place where they recognize they have strengths and abilities and can achieve their dreams."

Jill understands where her clients have been but also serves as a living example that life can get better and will. She was able to navigate the struggle of recovery as well as the transition of recovery. She and her clients work together to develop an action plan to start your recovery and help keep you in recovery.

“Let’s take away the stigma and help people get sober in a way that works for them,” says Jill.

CUTV News Radio will feature Jill Orhn in an interview with Doug Llewelyn on May 29th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio/2015/05/29/cutv-news-radio-spotlights-jill-orhn-recovery-coaching>

For more information on Jill Orhn Recovery Coaching, visit <http://www.gethelprecoverycoach.com>

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