

The MISSION of GRE, Inc. is to improve the health and quality of life and relationships for men and their loved ones.

A Man's Way®

Recovery Coaching

Where accountability and compassion meet.

Griffin Recovery Enterprises, Inc. is proud to offer recovery coaching for the man who wants to take his recovery journey to the next level.



This service is available to help individuals navigate their recovery to improve their overall quality of life. We help guide men toward the same success in their personal lives they are striving for in their professional lives.

Some topics that you will explore:

- **What kind of man do you want to be?** Have you ever taken a conscious and deliberate look at the type of man you want to be in this world?
- **Shame and Vulnerability** – how we are raised to be men often comes with a lot of shame; being a man is not being vulnerable – you will learn to let go of the shame and embrace vulnerability
- **Sex and Sexuality** – while it shows up significantly in a man's life and is part of how we raise men from a young age, we rarely take the time to really explore who we are sexually and what sex means to us.
- **Relational Competence** – how do we create healthy and effective connections with those we care about the most?



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- **Conflict Resolution** – avoid it or destroy it is often the way for a lot of men; there is a middle way to deal with conflict.
- **Intimacy Building Tools** – this is not about sex; this is about how we sustain intimate connection from every day interactions to our most important relationships.
- **Understanding Trauma** – trauma is literally a wound but in the language of men it means “weak” and leads many men to deny their deepest pain and suffering. We will discuss this and make sure that you find the appropriate services to help you heal.

For men who are fathers there are additional supports that we provide.

What **A Man's Way**[®] Recovery Coaching is:

- A directed process with a clear structure of goals where you can be clear about your progress at any given time
- Regular check-ins with your coach in person and/or via Zoom platform.
- Assignments that are chosen and reviewed together.
- Lifeskills development
- Accountability and compassion brought together

What **A Man's Way**[®] Recovery Coaching is not:

- Sponsor/sponsee relationship
- A 24/7 service
- A concierge service
- Working the twelve steps
- Babysitting



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About Dan Griffin

Dan Griffin, M.A., is an internationally recognized author, thought leader, and expert on men in recovery. Dan's work and life are dedicated to exploring and redefining what it means to be a man in recovery in the 21st century. Griffin is the author of two groundbreaking books: *A Man's Way through the Twelve Steps (Hazelden)* and *A Man's Way through Relationships (Central Recovery Press)* and co-author of the groundbreaking curriculum *Helping Men Recover*.

Griffin's professional background includes over two decades in the mental health and addictions field. Griffin was awarded the first-ever fellowship to train at the Hazelden Institute where he received his certificate for addiction counseling. Griffin earned a Master's degree in Sociology from the University of Kansas where his graduate work was the first qualitative study centered on the social construction of masculinity in the culture of Alcoholics Anonymous.

Dan grew up in the DC area and lives in Los Angeles with his wife and his daughter and has been in long-term recovery from addiction since he graduated college in May of 1994.