



HELPING YOUNG PEOPLE BECOME MORE SUCCESSFUL AND CREATE A NEW LIFE IN RECOVERY

# Next Gen Counseling & Coaching

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- provides individualized Therapy, Recovery and Life Coaching services. Lisa Thompson supports teens and young adults through times of transition and life change. While working with young people, she partners with families and the professionals in their lives to ensure the best opportunities for success.



Lisa Thompson is a Therapist, Recovery and Life Coach who helps teens and young adults make changes that help them get to the next level in their lives and relationships.

Transitioning home or to college from treatment, therapeutic or military school, or any other type of residential program is usually difficult for the entire family. You don't have to do it alone! Lisa comes alongside of families during this difficult time with Recovery Coaching. She not only makes the transition as smooth as possible, but most importantly she provides the strong support you need to finally break free of addiction and other negative behaviors.

Lisa supports siblings of those in treatment so they don't get lost in the shuffle during this tough time. With everything going on in the family, they often don't have the support they need. Lisa gives the kind of support they so desperately need to make sure they stay on track.

As a Therapist and Coach, Lisa also works with young people not in recovery as they transition into adulthood. Many decisions made as a teen and young adult have a lifelong impact. Lisa helps you make the right life and relationship choices so you avoid the long-term pain of making the wrong ones.

### What Others Say About Working with Lisa ...

"If I have a Guardian Angel, you seem a likely candidate. You got through to me, led me to truth. Since you came in my life I've felt more eager and open. You helped tear down walls and lead me from death to life! God used you to do things no one else could do! If that's not an angel, what is?"

"Thank you for giving our son back to us! I didn't think it was ever going to happen! He has changed so much for the good."

"Lisa is an experienced professional and has many skills to deal with young people. She is very good at helping them transition and move forward in a positive and productive manner."

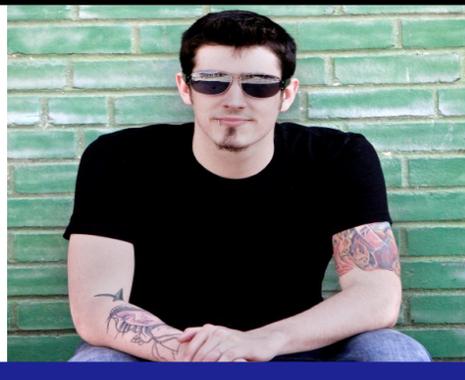
"I know that without a doubt that if I had never had your guiding influence in my life my current situation would pale in comparison to where I would be. Most likely I'd be dead!"



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Lisa Thompson, MA, LPC, CADC, BCC  
Therapist, Recovery and Life Coach  
Info@NextGenCounseling.com

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## WHAT MAKES NEXT GEN COUNSELING AND COACHING UNIQUE?

### Therapy vs. Coaching

Coaching and Therapy are both very important, but they are not the same. Therapy focuses on healing painful feelings from the past, helps you through crisis times, and treats mental health. Coaching focuses on your present and future, but does not involve exploring all of your feelings. Coaching assumes you're healthy, motivated, and able to achieve your goals with support, and guidance. Both help you make positive changes so you get from where you are to where you really want to be in life. Both Therapy and Coaching help you achieve your goals much faster than you would on your own!

### What is Recovery and Life Coaching?

Recovery and Life Coaching are partnerships focused on challenging you to tap into your full potential, increase your skills, take action, solve problems, and take practical steps toward your goals and dreams. You'll move forward with confidence in the midst of change and transition to a new chapter in your life.

Most of us at some point want things in our lives to be different, but struggle to make changes. We don't always know how to make the

changes we need to or can't do it on our own because we get stuck or don't know what do to next. A Coach comes alongside of you to help you get there.

### Recovery Coaching vs. Sponsors

Therapy and Sponsors both play very important roles in recovery. Partnered with Recovery Coaching, they all complement each other. A Sponsor's only focus is to teach you to work the steps of a program. A Recovery Coach, isn't limited to a specific program, but specializes in helping you stay on track in a way that works best for you! Sponsors are very limited in resources, while Professional Recovery Coaches who have specialized education, training, and experience have access to many resources.

### Some Typical Outcomes...

Lasting recovery • Reduce your stress • Learn how to communicate your feelings • Develop stronger and healthier relationships • Manage your emotions • Find your unique purpose and passion • Clarify your goals and values • Get unstuck • Prevent relapse • Improve social skills and communication • Discover how to create positive life changes • Strengthen your recovery • Start to

live your life on purpose • Design manageable next step actions • Take back control • Be less overwhelmed • Manage your triggers effectively • Build your confidence and self-esteem • Reach your goals and live your dreams • And so much more!

### Meet Lisa ...



Lisa Thompson is a Licensed Professional Counselor, a Certified Alcohol and Drug Counselor, and Board Certified Recovery and Life Coach. She's fully Adolescent Treatment Endorsed. She's a Certified Relationship Coach and a Certified Stress Management Coach.

Next Gen Counseling & Coaching was born out of her passion to see young people all over the nation become more successful and create new lives in recovery. She longs for the Next Generation to realize their God-given purpose and reach their full potential. She has seen first hand too many relapse after treatment completion due to lack of personalized support. This drives her determination to change the face of the traditional recovery process, and ending the revolving door of treatment centers.

Whatever your goals, it's her one mission is to take young people to the next level in life and recovery!

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