

discovering recovery

A HEALTH AND WELLNESS COMMUNITY



Michael has worked in the addictions field for almost three decades. During this time he has taken the best of his personal recovery from addictions and the best of his professional experience and has woven them into a philosophy of life, entitled **“Day One and Forever”**.

Michael believes that the process of recovery is a culmination of “ah ah” moments. Michael’s experience with these moments has helped him identify a path to renewed life. Each new day is “day one”a new journey filled with choices and opportunities related to the “ah ah” moments. Managed within a framework of recovery, these moments help us to continuously ‘become’ who we must, for the sake of our recovery, our family and our responsibilities. Michael’s humour is a core element of his being.....he shares his humour by intertwining it with his story of discovery and ‘becoming’.

Michael’s career has been varied and has afforded him the privilege to be an administrator, an addiction counsellor, a consultant, a mentor to many young professionals, a trainer and an author of many discussion papers and working manuals. Now, that he is retired from the hospital system he is looking at what next to ‘become’ and what space to claim as his. He continues to work at training, consulting and mentoring while enjoying a new home in the country and riding his touring motorcycling about 25,000 kms a year. He recently took up playing the guitar....who knows he may ‘become’ a country and western star!

To learn more about how Michael can assist you and your organization email info@discoveringrecovery.com