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The next big Step: How to thrive beyond recovery with peace, purpose and prosperity

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What happens once the Twelve Step programs (and other recovery programs) no longer serve the expanding mental, emotional, physical and spiritual needs of recovering addicts/alcoholics to live their most purposeful life? What then? The Next Big Step is for those that have been in active recovery programs for a minimum of one year, recognizing too, that many are not ready for several years. This presentation acknowledges the importance of the Twelve Step programs in helping individuals find sobriety-and for many, to stay clean and sober. The focus of The Next Big Step is on what's possible beyond Twelve Step recovery and meetings, when the programs no longer offer the deep personal and profound, purposeful growth that an individual is ready for. It does not replace solid recovery programs, but instead, would be considered an adjunct. The Next Big Step is based upon the principles of *The Purpose Plan*, Kelley's breakthrough program that guides participants into recognizing the Overarching Purpose and Themes of Purpose of their entire lives, and supports them living a greater life-the life they were born to live. This program helps people discover the "message in their mess"-and how to create a great, thriving life with what they learn. It is meant to facilitate recovering alcoholics and addicts gain insight and clarity, and move forward into a new life of empowered purpose, peace and prosperity. *The Purpose Plan* program offers significant support to those who may believe they have ruined their lives or lost opportunities for success because of their past. It serves to help a recovering addict/alcoholic excavate their innate greatness, and to convert long held "pain into purpose, mis-takes into re-takes, loss into legacy and mediocre into magnificent." The science of epigenetics and the power of science supported nutrition are also important key factors in this holistic mind/body/spirit program.

Biography

Patricia M. Kelley is a Big Changes Coach, Speaker, Writer & Change Catalyst. She offers Keynotes and workshops on The Next Big Step; How To Turn Life's Lessons into Big Money Messages; and Stop Heal Prevent Cancer. She brings her own story of being deeply affected by the alcoholism and drug addictions of multiple family members' into her work. She is a member of Alanon and personally understands the power of the Twelve Steps. Kelley is also Author of the forthcoming book, *The Next Big Step: How To Thrive Beyond Recovery With Peace, Purpose and Prosperity*. The book will help readers begin to learn important skills and tools that are key to "The Next Big Step," enabling their positive growth and life "Beyond Recovery!"

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