



◆ Dana Piscopo



Sobriety and Recovery Life Coach, Color Your Life, LLC
Director of Sales Operations, Americas
Construction & Engineering GBU, Oracle Corporation





Color Your Life
WHOLE-SELF SOBRIETY AND
RECOVERY COACHING

The Lady and the Lake





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My Story





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My Rock Bottom





What Now

- SUPPORT
- SUPPORT
- MORE SUPPORT
- DIGGING DEEP → WAY DEEP
- CONNECTION
- COACHING CERTIFICATION



Reclaiming My Moxie





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What Is This Moxie

Moxie:

noun: *moxie*; noun: *moxie*

force of character, determination, or nerve.

"when you've got *moxie*, you need the clothes to match"



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The Statistics

Construction Industry

- **12%** have an alcohol use disorder compared to 7.5% nationally
- **16.5%** of construction workers reported heavy alcohol consumption within the past month, *nearly twice the average* of all full-time workers surveyed
- **11.6%** of construction workers reported illicit drug use within the past month
- **14.3%** of construction workers were diagnosed with a substance use disorder in the past year, more than *1 ½ times the average* of all full-time workers surveyed



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The Statistics

Construction Industry

- In 2020, the CDC found that men working in construction have one of the highest suicide rates compared to other industries.
 - **4** times higher than the general population.
- In 2016, the suicide rate for men in construction was 49.4/100,000 – almost twice the total suicide rate for civilian working men (16-64 years old) in 32 states (27.4/100,000) and **5** times greater than the rate for all fatal work-related injuries in the construction industry in 2018 (9.5/100,000).



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The Statistics

- Construction workers are **7 times more likely** to die of an opioid overdose than workers in other industries
- Construction workers have the **highest proportion** of heroin-related overdose deaths
- Construction workers represent about **25% of fatal opioid** overdoses among all workers



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What's The Answer?

Peer to Peer Support





The Framework

Reclaim Your Moxie™ Framework

Measure where you are now with life and goal-setting and evaluate the "how and why" you are in this space.

Optimize your priorities. We choose your top 3 to start and then we create the...

X-Factor plan to *Reclaim Your Moxie™* and see where you want to take it.

Implement tools and techniques for success to understand *you* are your *own* knight in shining armor.

Execute the *moxie*! The light shines from within and you are ready to take off on your new life's adventure.



The Programs

Reclaim Your Moxie™ S.A.F.E. (Sobriety Awareness For Everyone)

Boundaries
Feelings & Emotions
Affirmations
Defense Mechanisms
Addiction Awareness

Career Interests
Positive Growth Mindset
Triggers
Strengths and Values
Fear and Anxiety

Support, not stigma or shame is needed to help reclaim the *moxie* and get people back on track to be their best selves. Having open discussions with such difficult content is needed now more than ever. Are you ready to make a change for the better? Are you ready to fight the stigma? Are you ready for support and to offer support? If so, you are in the right place!



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The Toolbox





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The Toolbox

Start filling your toolbox! Understand what tools you can use for what comes along. Is it anxiety or fear? What does that look or feel like? On a scale of 1 – 10 how bad is it? What is the tool you can use to defuse this feeling and bring you back into a state of balance?

Anxiety or Fear	What Does It Feel or Look Like	Scale 1 – 10	Tool Used



The Toolbox

TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911





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Rachel's* Story



Kyle's* Story



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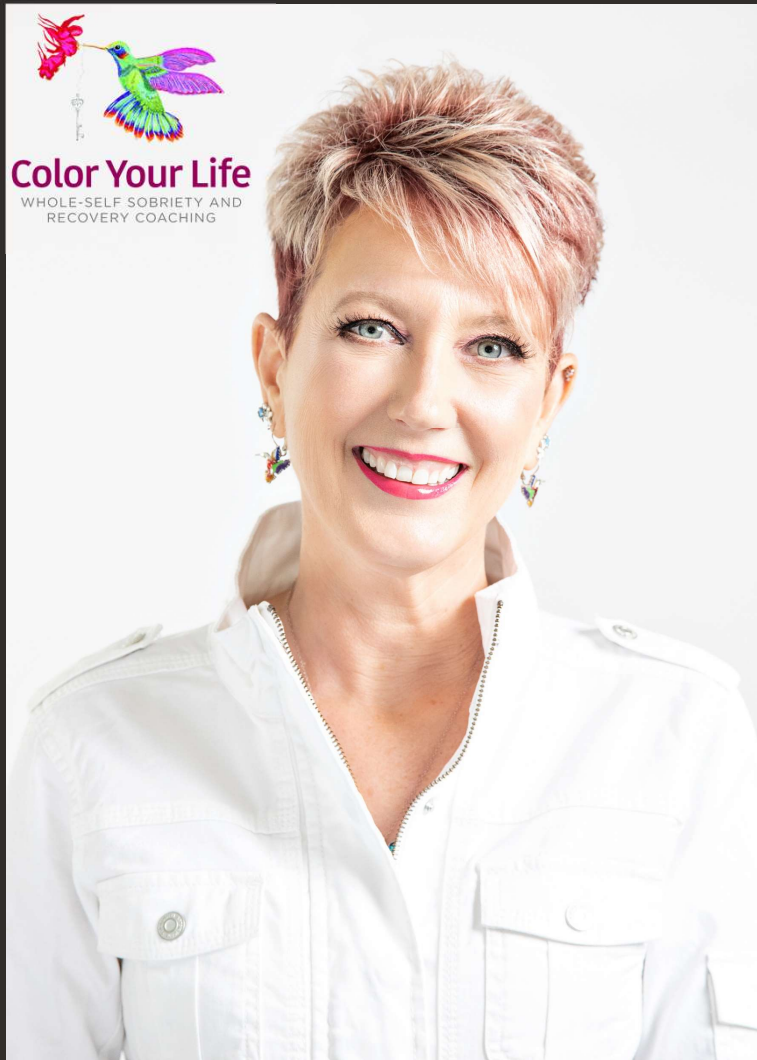
The Takeaway



- How Are You?
- Go There
- Compassion
- Empathy
- Service to Others



Closing Questions



Dana Piscopo

c: 610.256.2574

e: dana@coloryourlifellc.com

i: [@miss_moxie_cylllc](https://www.instagram.com/miss_moxie_cylllc)

p: 4SoberChicks