



RECOGNIZE  
your  
new life

DISCOVER  
your  
strengths

GAIN TOOLS  
to live  
your best  
life



## OUR PHILOSOPHY

- + The injured worker is guided by the coach to develop goals and put them into action.
- + The injured worker continues to utilize learned strategies that work.
- + The injured worker develops and adapts a healthier life style around these strategies.
- + The coach partners with the injured worker to create workable strategies.
- + Together the coach and injured worker track progress and celebrate successes.
- + Weekly goals are reviewed and either extended and/or new ones added in order to pursue and attain health goals.
- + Processes are used that help injured workers to actively identify barriers to getting back to work and creating a healthy lifestyle.

Berkley Industrial Comp is pleased to share this material with its customers. Please note, however, that nothing in this document should be construed as legal advice or the provision of professional consulting services. This material is for general informational purposes only, and while reasonable care has been utilized in compiling this information, no warranty or representation is made as to accuracy or completeness.

## THE MISSION OF TAKE COURAGE COACHING™

is to equip & empower people to take an active role in mastering their pain and educate them in the science and skills of pain management coaching.

Take Courage Coaching™ uses its time-proven modalities, including cognitive-behavioral therapy and Motivational Interviewing, to help teach individuals techniques to cope with their pain. Take Courage Coaching™ works alongside Berkley Industrial Comp and healthcare providers to develop a personal pain management strategy. We want to provide injured workers, who experience chronic pain, the tools needed and a plan to get back to the life and job they love where opioids are no longer needed.

## THE PROCESS

- 1 Berkley Industrial Comp's Resolution Team identifies potential referrals for the program
- 2 Take Courage performs an initial interview to screen for readiness with a pain questionnaire
- 3 Begin weekly half-hour individual coaching sessions and one-hour group coaching sessions
- 4 Take Courage performs follow-up pain questionnaire at 6 months
- 5 A second 6-month period is dedicated to preparing the injured worker to be their own coach. Take Courage performs a discharge pain questionnaire followed up by an in-depth aftercare plan.



Contact your  
**RESOLUTION**  
Specialist to see  
if **Take Courage**  
**Coaching™** will  
work for you.

