

ONE GOOD* DAY

Recovery Coaches

NDIS Psychosocial Recovery Coaching Done Differently.

Recovery Coaching is a new funded support available under the NDIS. One Good* Day is new as well, but our team have all been working in this space long enough to know that we want to do things differently.

We are building something special. We are focused on building relationships that can lead to positive change through building trust, zero judgement and taking the hassle out of getting you the supports you need.

Create the life you want. Start with One Good* Day.

At One Good* Day we are a team of psychosocial recovery coaches. We are your team, your personal cheer squad, your advocates. The people that you can rely on to stick around and give you the extra motivation you might need to stay on track with the challenges of life.

Our mission is to work with people with psychosocial disability to realise the potential of every new day and to make today, a good one.

TRUST IS EVERYTHING

Trust is at the core of everything we do. We show up. We listen to your story. We say what we mean, and we mean what we say.

We are consistent and reliable.

ZERO JUDGEMENT

We understand where you are coming from and that some days are better than others. There's no room for judgement in our model. Your lived experience is part of who we are and how we connect.

NDIS EXPERTS

We translate the NDIS and make sure you get the most from your NDIS funding. We take the pressure off so you can focus on what's most important to you.

OG*D

OneGoodDay.com.au

RECOVERY* IS NOT A DESTINATION

**We know every journey is unique
and we are focused on yours.**

We're in this with you for the long haul. We're committed and we understand that change takes time. It's about the small steps, and the right small steps can lead to big gains.

Progress might not be a straight line, but we are here to do what it takes to turn One Good* Day into another, and another.

**"Finding the team at OG*D was a
game changer for me. They really
listen and have helped me reconnect
to the supports I need.**

**I can rely on them to be there so I
can push through. That's all I need."**

Bridgette, Customer.

WHAT IS AN NDIS RECOVERY* COACH?

**Recovery Coaching is a newly funded
support available under the NDIS for
people with a psychosocial disability.**

One Good* Day is a registered NDIS provider and works together with you to ensure you are getting the support you need to build and use your strengths to achieve the life you want. This will be different for everyone depending on your requirements, but might include getting out and about more, improving your support team, or moving forward and managing the challenges of life.

Our team will work with family members, carers and other key supports as you choose, to implement and monitor a recovery plan that is tailored to you. We use an individualised approach because that's what works.

**One Good* Day is a registered NDIS
provider of Psychosocial Recovery
Coaching.**

Working directly alongside eligible NDIS participants One Good* Day Recovery Coaches ensure you can access the supports you are entitled to and receive the assistance you need to live the life you want and deserve.

**You are listened to. You are heard. You have it in you
and it's our job to make sure you know it.**

1300 146 631

hello@OneGoodDay.com.au

OneGoodDay.com.au



@One.Good.Day_au



@OneGoodDayRecoveryCoaches



One Good Day



Registered NDIS Provider

