

Ben Kimmel

Suffern NY 10901

+1.516.607.2362

bennyk1972@gmail.com

Summary: Certified Professional Life Coach, Sober and Recovery Coach, Certified Hypnotist, Motivational Speaker, Published Author and Ordained Minister with a focus on emotional and mental wellness to assist in the support of overcoming depression and anxiety.

Objective: To create and build mutually beneficial relationships that utilize my skills as a Coach to help as a team player to assist those looking to define their pathways to recovery, wellness, and transformational life strategies.

Certifications: New York State Certified Recovery Peer Advocate (CRPA), New York State Certified Addiction and Recovery Coach (CARC), Certified Professional Life Coach through Fowler International Coaching Academy, Addictions Coach (1 and 2) through the Addictions Academy, Mental Health First Aid Responder, Red Cross Certified for First Aid in Opioid Overdoses, Certified Consulting Hypnotist through the National Hypnosis Guild.

Experience: By maintaining a sober lifestyle for nearly 30 years with a sobriety date of 4/1/1991, I have been able to apply my experience as a coach in different strategies. I have created **Be First Life Coaching LLC** and continued my education through state recognized certification programs while working and creating outreach programs at the same time as fulfilling my fulltime responsibilities as a Local 94 Operating Engineer. As a result of the listed experiences, I have sharpened my skills to become a strong advocate and a smart team player.

- Acted as a recovery coach for **Opiate Overdose Recovery Programs** in Bergen County New Jersey, sitting bedside in hospital emergency rooms upon deployment after 911 overdose calls to help and assist clients seek proper treatment through detox and/or find inpatient or outpatient care, and assist as an advocate and recovery resource.
- Founding member of **Empowering Learning Communities (ELC) New Jersey**.
- Motivational speaker and frequent presenter for the middle and high school program **Not Even Once** which educates students about life with addiction, as well as recovery.
- Recovery coach for various police initiatives called **Operation: Helping Hand** and received the honorable mention on the front page of **The Bergen Record** as well as showcased by NBC's Pat Battle for work in fighting the opioid crisis
- Appeared on countless media outlets in the New York tri-state area such as WNBC, Fox, News 12, and WFDU radio, to name a few.
- Coached both privately and in team efforts with outpatient facilities to assist those in need of support and seeking other options that went beyond 12-step programs.
- Sober companion to those in need of extra support and accompanied clients in transportation to and from other states, helping them to achieve their tasks while holding to their plan of wellness and recovery.

- In-home outpatient services
- Hosted and ran a seven-day wellness recovery retreat for a single client-based program. Assisted with scheduling, support, transporting and organization of doctor visits, as well as massage and yoga instructors that came to visit the client in a San Diego beach house while client was undergoing medication assisted treatment for depression and alcoholism.
- Published author and writer of *The Written Addiction* at thewrittenaddiction.com
- Podcast host of *Benny and Jay at The Spot*
- Radio experience
- Keynote speaker and lecturer at corporate wellness programs, community events and universities.
- Coached clients of all ages, genders, and sexual orientation through their desired changes.
- Confidence coaching, assisted in weight loss programs.
- Provided support for those struggling with depression.
- Created communication programs to assist families to improve their home life with my **Empowering Life Strategies (ELS)** model.
- Showcased in documentaries with my experience as an addict, and as a coach.
- The above experience has been created throughout the last four years (2017-2020) with amazing results through intense opportunities.
- Please watch my video here: <https://www.youtube.com/watch?v=4QGfabs0W1A>

Community Activities

- Created and run an empowerment class in the D.R.C. in the Bergen County Jail on Sunday mornings for the past two years.
- Created and coach weekly empowerment group called *Breakfast with Benny* at **Transition Professionals** in Hackensack, New Jersey.
- Acted as a volunteer phone specialist for **22 Kill**, a program that supports veterans to prevent suicide.