



## **Johann Stefnis- Executive Recovery Coach**

Johann is an Executive Recovery Coach who has worked in the addiction field professionally for nearly 10 yrs. Overall, Johann has served the recovery community since his first day of sobriety. Johann freely and openly discusses his sobriety with anyone who he feels can benefit from hearing his story. With over 25 years of continuous sobriety and a life of recovery, Johann has helped countless individuals both personally and professionally find hope and guidance as they learn to navigate life without substances of abuse. Whether that person is 20 yrs. sober or 20 secs sober, Johann welcomes the opportunity to further that person's recovery goals one step at a time.

Johann has owned and operated sober living homes in Chicago, Il., where he has helped cultivate the path of healthy living for adults from all walks of life so that they can receive the gift of sobriety. Johann knows what it takes to live a sober life. Everything from finding hope to taking action, Johann offers a hands-on approach to recovery coaching by shadowing the wellness process either in-person or by mobile support as often as necessary. Johann's versatile communication style can be both compassionate and or direct depending on preference.

Johann embodies many great qualities but is oftentimes characterized as "passionate and generous" in his work, as well as other aspects of his life. Johann puts every ounce of energy he has into helping others, including a regular volunteer commitment he makes to his community week after week.

Johann works primarily with male-identified clients who struggle to establish the right amount of structure and accountability in their life. As an executive himself, Johann walks the balance between day-to-day stress and self-care, all while maintaining priorities and living with principles. Johann is very effective in showing men how to find their inner strengths and become more fulfilled in their life by establishing a greater sense of purpose and value.

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