**DrinkCoach AAW – commissioner Internal comms content coaching sessions**

As the theme for AAW is alcohol and work, we thought it would be a great opportunity for you to promote your free DrinkCoach services to employees.

**Intranet article**

**Free online alcohol services through DrinkCoach**

It’s Alcohol Awareness Week and this year’s theme is alcohol and work. Many of us enjoy a drink now and then, but even moderate drinking can have a bigger impact than we realise. Whether it's creeping into your morning routine or affecting how you feel throughout the day, alcohol might be influencing your day, even from the night before.

Are you…

1. Taking more sick days than you used to
2. Finding it more difficult to conceal frustration
3. Struggling to focus on small tasks
4. Hearing more and more that “you look tired”

If alcohol is something you’re concerned or curious about, we offer free and confidential online alcohol services to staff who live in (include council name). Book up to **six free one-to-one sessions** with a DrinkCoach specialist of your choice.

Sessions are designed to help you:

* Cut back on drinking
* Improve your physical and mental wellbeing
* Build healthier habits
* Understand your triggers
* Work towards going alcohol-free — if that’s your goal
* Set and achieve your chosen goals

Many of our coaches have lived experience, so you can trust sessions will be a safe and judgement free space.

**We understand the importance of privacy.** All sessions are booked directly through the DrinkCoach website, and no information is shared with your employer or local authority, making it a completely confidential service.

*“A genuinely helpful service. Think of it as a nudge to change behaviour and it works very well. My coach was very personable and non judgemental. Between us we set achievable goals which helped me to avoid my usual triggers. Thank you for the opportunity to be supported once I'd decided to change my drinking habits.” – DrinkCoach Client*

***Book your first free session today (insert link)***

**Newsletter/ email content**

**Free Online Alcohol Support – Now Available**

It’s Alcohol Awareness Week, and this year’s theme is **alcohol and work**. Did you know that staff living in **[Council Name]** can book up to **six free one-to-one sessions** with a DrinkCoach specialist?

If your concerned or curious about how alcohol may be influencing your day (even from the night before) book a session with a coach of your choice. All it takes is a chat to help you improve habits, mood and health.

**We understand how important privacy is. Sessions are booked directly though DrinkCoach, and no personal data is shared with the council.**

**Book your first free session today (Insert link)**