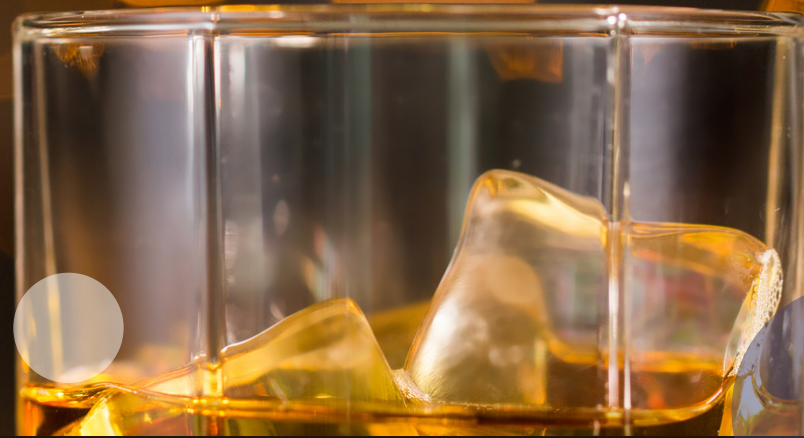




re-designing your relationship with alcohol....

putting you in the driver's seat and shining a light on where alcohol might be holding you back from reaching your true potential





re-designing your relationship with alcohol

programme overview

Re-Designing Your Relationship with Alcohol offers a step-by-step process to help you rethink your relationship with drinking. This programme focuses on eliminating chronic stress, unlocking your potential, and reframing how alcohol fits into your life without deprivation. The strategies provided will support your emotional resilience and improve your overall wellbeing.

By learning to work with your nervous system, rather than against it, you can reduce stress levels and gain control over your choices without feeling deprived. This programme is designed to guide you through the process of re-designing your relationship with alcohol in a way that empowers and supports you.



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programme delivery

- ✓ **One-to-one Coaching Packages:** Choose from blocks of 6 or 12 sessions, providing a confidential and personalised approach to rethinking your relationship with alcohol booked confidentially through our discreet system
- ✓ **Half-Day Workshop:** An interactive workshop taking you through the steps to understand how alcohol impacts each part of the resilience wheel, how it affects your neurochemistry and allowing you space to re-evaluate where it fits in to your week/ life to support your career progression
- ✓ **Self-led Video Course:** 'Learn how to stop drinking for 30 days and enjoy it!' This self-guided, 2.5-hour video course helps you develop new habits around alcohol consumption
- ✓ **Twilight sessions:** Interactive sessions with Q&A covering essential topics related to alcohol, resilience, and personal growth



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what's covered

- **Unlock limiting beliefs:** Identify and overcome beliefs about alcohol that may be holding you back
- **Eliminate chronic stress:** Understand how alcohol affects your nervous system and learn strategies to reduce stress
- **Improve your physical and emotional wellbeing:** Gain clarity, lower your cortisol levels, and enhance overall health
- **Regulate your nervous system:** Improve vagal tone and HPA axis activation to manage chronic stress better
- **Increase emotional resilience:** Boost your capacity to handle stress without relying on alcohol
- **Increase your baseline happiness:** Feel more optimistic and motivated as you reduce your dependence on alcohol
- **Improve connections:** Strengthen personal and professional relationships through clarity and improved communication

how we deliver

- 1-Hour Virtual Workshop
- Half-Day Workshop: virtual or in person
- Interactive workshops explore how alcohol affects your potential and productivity, supported by neuroscience and expert references. Workshops also address how alcohol impacts your resilience levels and how you can reclaim your 'edge' without it.



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about your facilitator ●●●●●



Anneka Reece

Alcohol Reduction Specialist

Anneka is a Health and Mindset coach, specialising in alcohol. She works with individuals and groups of people to help them explore their relationship with alcohol in more depth and to help them dissolve any limiting beliefs they may have about alcohol that are holding them back. Having worked in education for 14 years, including spending 5 of those years training teachers and leaders, Anneka made a move over to coaching over 3 years ago and has now worked with numerous people to break free from patterns and cycles that are holding them back around alcohol, with great success.

As a coach, Anneka focuses on positive psychology and understanding the neuroscience behind what is happening when we drink alcohol. She is grounded in what there is to gain through change and focuses on reward, not deprivation.



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