



WHAT IT MEANS TO BE AN ALCOHOL SAFE WORKPLACE®

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ZOOM MEETING](#)

**11AM ON WEDNESDAY
13TH SEPTEMBER**

www.choosesunrise.co.uk
hello@choosesunrise.co.uk

WHAT EMPLOYEES SAY WHEN WE CREATE AN ALCOHOL SAFE WORKPLACE®

"Janet you have saved my life. My life was spiralling out of control as my drinking was getting worse and worse. Now, at 6 months sober, my marriage is back on track, my depression has disappeared and I'm able to enjoy life again. Thank you."

"I just wanted to say that I'm now 6.5 months without alcohol and feeling so much brighter, joint ache free, sleeping better and my skin is so much fresher! The bank balance is fuller and I now treat myself to a massage every month. Thank you for enabling the changes I wanted to make. I feel free."

I was in a cycle of using alcohol to combat work stress and I also had an immense fear that, if I stopped drinking people, would ask me if I was pregnant and this was something me and my partner had been trying for and was causing me more stress- which would then lead to more drinking WELL, after attending your sessions I was feeling inspired and decided to cut down significantly on my alcohol. Fast forward 5/6 months later and I at sat here 15 weeks pregnant feeling happier than ever.
SO THANK YOU ♥

"A colleague in my team was positively BURSTING after your session today - amazing Janet!"

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WHAT IS AN ALCOHOL SAFE WORKPLACE®?



An Alcohol Safe Workplace® has a culture that includes everybody, whether they are a drinker or not, and creates a safe space where people can explore their own relationship with alcohol, without judgement.

People who work in an Alcohol Safe Workplace® feel safe to ask for help if they need it, and receive appropriate support.

STEP 1

Become a member and start displaying the "Working Towards" logo on your company website and recruitment campaigns.

STEP 2

We'll help you understand the standards required and provide access to an online portal filled with resources to help you achieve them.

STEP 3

When you believe you've met the standards, you can submit your accreditation application for independent review.

STEP 4

Display the "Alcohol Safe Workplace™" logo with pride to let your employees and clients know that you put inclusion, health and wellbeing at the heart of your business.

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Did you know?

- 5%** of all workplace absence is alcohol related
- 20%** of workers have drunk more than they wanted to due to pressure from colleagues
- 32%** of employees have attended work with a hangover in the past month
- 40%** of all industrial accidents are linked to substance abuse
- 50%** of all sexual harassment claims involve alcohol

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HOW
ALCOHOL
SAFE IS YOUR
WORKPLACE?