



LAST ORDERS

Are your after-work drinks affecting your professional performance?

17 MILLION

WORK DAYS ARE LOST EACH YEAR DUE TO ALCOHOL-RELATED ABSENCES BY STAFF

A life-changing intervention

How Your Results Coach helped a 42-year-old business owner and family man conquer his stress and negative habits

Our client was overwhelmed and facing significant stress. Compounded by alcohol use, this pressure was affecting his personal and professional life. His negative mindset and poor habits were impacting work productivity and even putting a strain on his relationships.

We could see that alcohol was exacerbating his stress, so we initiated a tactical break from alcohol, closely managed with daily videos and conversations. We also addressed his work-related stress, developing a targeted plan to mitigate it. In order to shift his mindset, we challenged negative self-talk and encouraged mindfulness habits.

He became happier and more productive, with a renewed sense of purpose, motivation and energy. It made him a better father, partner and businessman, which significantly enhanced his overall quality of life.

Alcohol misuse costs the UK economy an estimated £7.3bn per year in lost productivity* and around 200,000 people turn up to work hungover on a daily basis.

Studies have found that 27% of men and 14% of women in England drink more than the recommended 14 units of alcohol per week. This often leads to a drop in focus, impaired decision-making and more accidents in the workplace.

A more balanced approach to alcohol can make for a healthier working environment, improve work-life harmony and boost wellbeing.

Regaining control

So how do you manage alcohol effectively? For individuals, steps include recognising its impact on job performance, setting personal limits, avoiding binge drinking and choosing alcohol-free days.

Employers, meanwhile, can promote a healthy drinking culture, offer support for those struggling and implement clear policies regarding alcohol consumption.

Chris Howe, a results coach, says,
“Alcohol consumption has become normalised, yet there’s often embarrassment when it becomes excessive. Regaining control over alcohol can be life-changing for those with unhealthy habits. A short, tactical break can make a significant difference, even if stopping entirely isn’t necessary.”

Three questions to ask yourself

Is alcohol involved every time I...

- 1. ... meet clients?**
- 2. ... entertain staff?**
- 3. ... socialise?**

For more info and to book a free call, visit yourresultscoach.co.uk

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