FREE EMPLOYER GUIDE

30 DAYS. NO ALCOHOL.
WHAT COULD YOU GAIN?

A little experiment. A lot to discover.

More money in your pocket. Better mornings. More energy for the family. Maybe even a fresher start to the working week. Invite your team to see what 30 days could mean for them — entirely at their own pace.

FOR YOUR TEAM

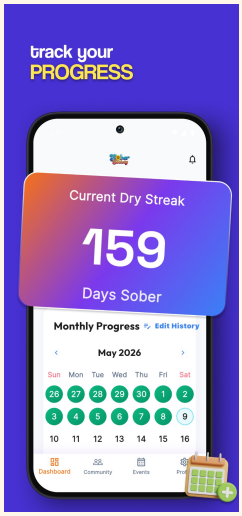
A personal challenge, a friendly community and real tools to track progress.

FOR YOUR BUSINESS

A free, positive addition to staff wellbeing, without licences or employee monitoring.

100% FREE

No subscription. No sign-up gate for employer resources. No pressure to participate.



THE BENEFITS

WHAT MIGHT FEEL DIFFERENT?

MONEY

Keep track of the cost of drinks you skip.

MORNINGS

See what waking up without a hangover feels like.

FAMILY

Find more time and energy for your favourite people.

WORK

Explore clearer mornings and better focus.

MOTIVATION

Make space for exercise, hobbies and new routines.

COMMUNITY

Meet real people who understand the journey.

Everyone experiences alcohol-free time differently. These are possibilities to explore, not guaranteed outcomes.

YOUR FOUR-WEEK PLAN

FOUR WEEKS.
YOUR WAY.

WEEK 1

THE FRESH START

Choose your own reason. Set a goal in the app. Notice your usual routines.

WEEK 2

FEEL THE DIFFERENCE

Check in on mornings, mood, sleep and savings. Celebrate every little win.

WEEK 3

FIND YOUR GROOVE

Try a walk, coffee catch-up or alcohol-free social. Explore coping strategies.

WEEK 4

CELEBRATE YOU

Look back at what you gained. Decide which habits you want to keep.

MAKE IT HAPPEN

READY TO GIVE IT A GO?

1. INVITE EVERYONE

Share the free poster, newsletter or induction insert.

2. KEEP IT OPTIONAL

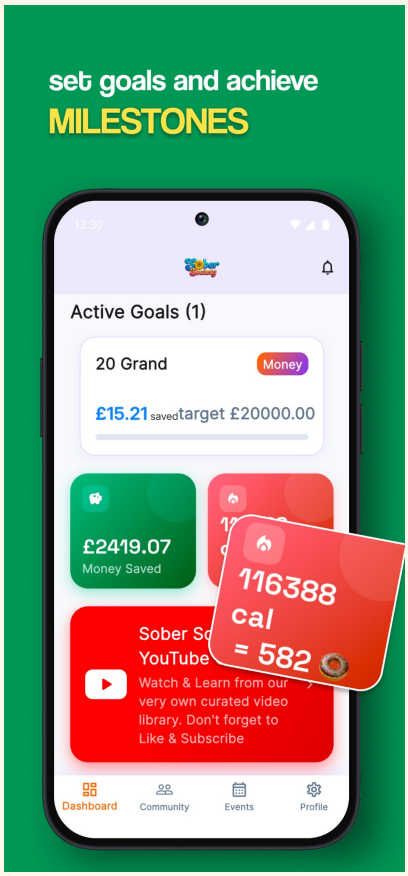
No participation lists, no reporting back, no singling anyone out.

3. ENCOURAGE LITTLE WINS

Offer alcohol-free social ideas without asking anyone to disclose.

4. SHARE THE APP

Let people track their own progress, money saved and milestones.



SCAN FOR THE FREE 30-DAY CHALLENGE

If someone may be physically dependent on alcohol, stopping suddenly can be dangerous. Seek medical advice first.