



drinkcoach.org.uk

7 things you've always wanted to know about DrinkCoach

# ONLINE COACHING

(But were too afraid to ask)

## WHO IS DRINKCOACH ONLINE COACHING FOR?

DrinkCoach online coaching is for anyone wanting to reduce their alcohol consumption.

If you're tired of the hangovers, costs and impact on your health, our alcohol specialists can help you identify and achieve your drinking goals.

## WHAT ARE THE BENEFITS OF ONLINE COACHING?

There are various alcohol treatment services available, but few as flexible as DrinkCoach. We offer weekday, evening and weekend appointments online and can chat to you wherever you have access to a Skype connection.

That means you can access our innovative alcohol service anywhere and anytime it suits you - no stuffy waiting rooms or long queues for you!

## HOW DOES ONLINE COACHING WORK?

Visit [drinkcoach.org.uk](http://drinkcoach.org.uk) to book your session. You'll have a little paperwork to complete before you start (we promise it won't take long!), and then you're good to go. Your DrinkCoach will call you on Skype at the time you've booked and you'll start to work through the programme. The sessions follow a model known as Extended Brief Intervention (EBI) proven to help people reduce their drinking.

During the sessions, you'll talk about your current drinking patterns, what your goals are and of course what changes need to be made to help you reach them.

Each session will last around 45 minutes and you'll typically have up to six sessions (4x coaching and 2x follow-ups).

## DOES ONLINE COACHING WORK TO REDUCE ALCOHOL CONSUMPTION?

Yes, it can. We've been running online coaching sessions since 2015 and have seen impressive results.

17% of our DrinkCoach clients tell us that they've reduced their drinking some or all of the time, while 67% have reduced their drinking most of the time.

Initial results from research undertaken by London South Bank University suggest that attendance for online Extended Brief Interventions (EBI) was higher than face-to-face alternatives\*. And that can only mean one thing!

Live or work in West Sussex? Use code **WSDL** for free DrinkCoach appointments

We offer weekday, evening and weekend appointments.



## IS ONLINE COACHING SECURE?

Yes. Only your DrinkCoach will be able to see and access your coaching sessions, and we will not record your coaching sessions - ever.

All personal information is restricted to a minimum of authorised personnel who are contractually bound to maintain your confidentiality and security. And we have the terms and conditions to prove it.

## WHAT EQUIPMENT DO I NEED?

You'll need an internet connection, a webcam and microphone (most laptops, tablets and smartphones have these) and a Skype account. That's it.

## HOW MUCH DOES IT COST?

For people who live or work in West Sussex, we are offering free coaching sessions (usually £55).

Use code **WSDL** when you book via [drinkcoach.org.uk](http://drinkcoach.org.uk).

\*Daniel Frings, Cassandra J. Hogan, Kerlin H. Jn Pierre, Kerry V. Wood, Mark Holmes and Ian P. Albery. Online and face-to-face extended brief interventions for harmful alcohol use: Client characteristics, attendance and treatment outcomes. London South Bank University.

Publication pending



No stuffy waiting rooms or long queues!

**LIVE OR WORK  
IN WEST SUSSEX?**

Use code  
**WSDL**  
to access  
**free** coaching  
sessions

FIND OUT MORE ABOUT ONLINE COACHING - [drinkcoach.org.uk](http://drinkcoach.org.uk)



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Change your drinking with professional, convenient and confidential support from an alcohol treatment specialist.

Visit [drinkcoach.org.uk](http://drinkcoach.org.uk) for more information or to book your online coaching session today.

GET SUPPORT ON THE GO!



Download our free DrinkCoach app to track and change your drinking.

**FEATURES:**

Drink Tracker, Event Diary, Goal Setting, Mindfulness Videos, Seven Day Summaries and more.

**AS SEEN IN:**

THE GUARDIAN - THE SUNDAY TIMES  
THE OBSERVER - THE HUFFINGTON POST