

## Alex Walker BSc (Hons) - Biological Sciences, PGCE & Personal Trainer, specialising in Women's Fitness.

Alex is a full-time Personal Trainer, Co-Founder of Bee Sober and Co-Presenter of 'The Sober Experiment' podcast .... she is also a Mum of three children.

Alex's early years were spent growing up in pubs: her dad was also a musician in the entertainment industry .... alcohol was a huge part of family life!

Unfortunately, it took its toll on Alex's father, who, after being sober for 10 years, passed away from alcohol-related illness at only 63 years old.

Alex now realises she used her dad's drinking as her benchmark for her own drinking, feeling safe in the knowledge that she was a weekend drinker .... and therefore normal, and in no way dependent on alcohol!

After a devastating miscarriage in October 2018, plummeting into depression and anxiety, her drinking changed, and she realised she had started to depend on alcohol to cope with her emotions and mental health!

After almost 12 months of internal dialogue and questioning her drinking, along with the fact that her lifelong best friend and Co-Founder of Bee Sober, Lisa, had decided to go sober, Alex decided to take a break from alcohol!

Sobriety improved her life so much that she has made sobriety a permanent fixture!

Alex realised that putting the drink down was the start of the most amazing journey of self-discovery.

She, along with Lisa, decided to help others achieve the life they have now achieved .... setting up Bee Sober and helping to connect people wanting to live a sober lifestyle!

At the beginning of her sober journey, Alex discovered Nacoa through a friend who had lost her Mum to alcohol.

Alex couldn't believe there was a charity dedicated to helping children, and adult children, of parents who drank too much and had a problem with alcohol.

She knew Nacoa would become a big part of her life and decided to train as a Volunteer Speaker.

Alex has done 'Lunchtime Live' with Josh Connolly, several COA week projects and spoken to Greater Manchester Police about the amazing work of Nacoa.

Alex's favourite self-care tools are exercise, strength training, running, and playing the Organ.

Alongside the work Alex does in Bee Sober and Bee Sober Academy, a twist of fate meant she is now also the Church Organist at the Parish Church, playing regularly at the Sunday morning Services.

Alex is loud and proud about her sobriety, breaking down the stigma associated with 'binning the booze'!

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