



Work with Jen to Evolve Your Events and Workplace Culture



bio

Jen Gilhoi (she/her) Is an advocate for and creator of healthy social experiences that decentralize alcohol. Her journey spans two decades of alcohol misuse, eight years of an alcohol-free lifestyle, corporate roles, and entrepreneurial ventures. She shatters stigmas around choosing not to drink by inviting others to engage in self and societal inquiry to heal and be well.

In her life and work, Jen is fascinated with the art of gathering and intentional conversations. She's an event experience strategist and founder of **Sparktrack**; a writer and conversationalist cracking open society's role in addiction at jengilhoi.com; and cofounder of **Zero Proof Collective**, where business leaders and those interested in the non-alcoholic beverages industry thoughtfully connect, collaborate, and share resources to advance zero-proof options, experiences, and social spaces. Jen is also a board member of Dissonance, an organization that promotes mental health and recovery in and through the arts.

speaking topics



Workplace Culture

Workplace Culture that Normalizes Not Drinking
Culture that Leads with an AF Lens
Productivity Prevails



Personal + Social

Sober Not Somber
Creating Healthy Gatherings
Executing an Inclusive Event

speaking history

TEDx Speaker: Sober Not Somber: An Enlightening Way to Evolve Drinking Culture, delivered Oct 29, 2022, TEDxEdina

Morningside After Dark: Questioning Society's Role in Drinking Culture, Jan 30, 2023: Sparks

Twin Cities Startup Week: Normalizing Not Drinking in Workplace Culture, Sept 22, 2022

Various podcasts: www.jengilhoi.com/conversations

Find Jen

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