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HR expert shares her wildest Christmas party story

By [Ash Kent](#) | 1 month ago

The office Christmas party: a time to get together with the people who you spend upwards of eight hours a day with, five days a week, to celebrate on the boss's coin.

Simultaneously, it's a time for the rumour mill to get filled with ammo and for people to have the chance to make a complete goose of themselves.

But what if we told you it *didn't* have to be that way? What if we said you don't have to wake up drowning in a pool of 'hangxiety', resignation note in hand on Monday morning?



It doesn't have to be this way. (Getty Images/iStockphoto)

According to Karen Gately, the founder of Corporate Dojo, it's pretty easy to not completely ruin your career during end-of-year festivities – the trick is to not get too carried away.

"People give themselves permission to be young again, go crazy again and just do silly things," Gately tells 9Honey, adding it is not uncommon for people to get nude after a few drinks.

She puts it down to the fact people get overly excited about freebies, and tend to go hard on the free food and drink with little regard for the consequences.

"I've had CEOs call me and tell me about them driving home, and they've had some of their staff running past their car with their pants off."



"People give themselves permission to be young again." (Getty Images/iStockphoto)

She puts it down to the fact people get overly excited about freebies, and tend to go hard on the free food and drink with little regard for the consequences.

"If you're going to have something to drink, do that, but balance it with water and really pace yourself," Gately suggests.

"Recognise that you've got the whole night, you need to remain standing upright without slurring or staggering. That's the main goal here, let alone falling over, throwing up or getting naked."

The HR expert says she's seen some wild things in her time, including a whole team going skinny dipping together (how awkward on Monday morning), but her most cringey story was about a young employee trying to make a good impression.



"Let's be sensible and keep one another safe." (iStock)

"The wildest thing I've heard, to be honest, was a young person standing around having a chat to a manager when he accidentally dropped a packet of cocaine, and they both look at it and the kid goes, 'Oh, don't worry I bought that for...!' and then named the director," shares Gately.

"That was messy."

Along with keeping your wits about you when consuming alcohol and keeping your clothes on, Gately also recommends taking good care of your friends and colleagues.

"I encourage everyone, if you see someone that on that path [getting too drunk] have the courage to go over there and save them from themselves," Gately pleads.

"Let's be sensible and keep one another safe, and whilst adults should be able to do that for themselves, sometimes we need our friends and colleagues to step in."



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