



WORKPLACES TOOLKIT

Everything your workplace
needs to be part of
The Push-Up Challenge



LET'S DO THIS



We're pumped to have your workplace on board for The Push-Up Challenge.

We've got plenty of info and tips to help you make the most of the Challenge at your work – from seeking senior support, to getting the word out in the workplace and fundraising pointers – it's all here.

Forgot to register? No problem. Jump in and [sign your workplace up](#) now.

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GETTING EXECUTIVE SUPPORT

You're keen, we're keen, now let's get your senior staff and executive team to help bring it home.



WHO CAN HELP

Leadership & Executive Teams

Supporting the workplace's commitment to the Challenge is a great way to build morale and shows your organisation's commitment to community.

- Ask your leadership team to encourage staff to join the Challenge via all staff messages, emails or meetings. We've drafted a template you can use [here](#).
- Ask if they'd support dollar matching so funds raised by employees can be doubled – an awesome way to give your workplace culture a boost too!

Internal Communications

Get your internal Comms team to do what they do best. Communication is key to getting staff on board.

- Ask your internal Comms team to help – use the intranet, staff newsletters, message channels. We've got [templates](#) to help you spread the word.
- Play our '[How it Works Video](#)' at your next team meeting, put posters up around the office and share our [display screens](#) on everyone's computers for a week.

HR/Health & Wellbeing staff

Supporting employee physical and mental health can help workplace productivity, wellbeing and staff retention.

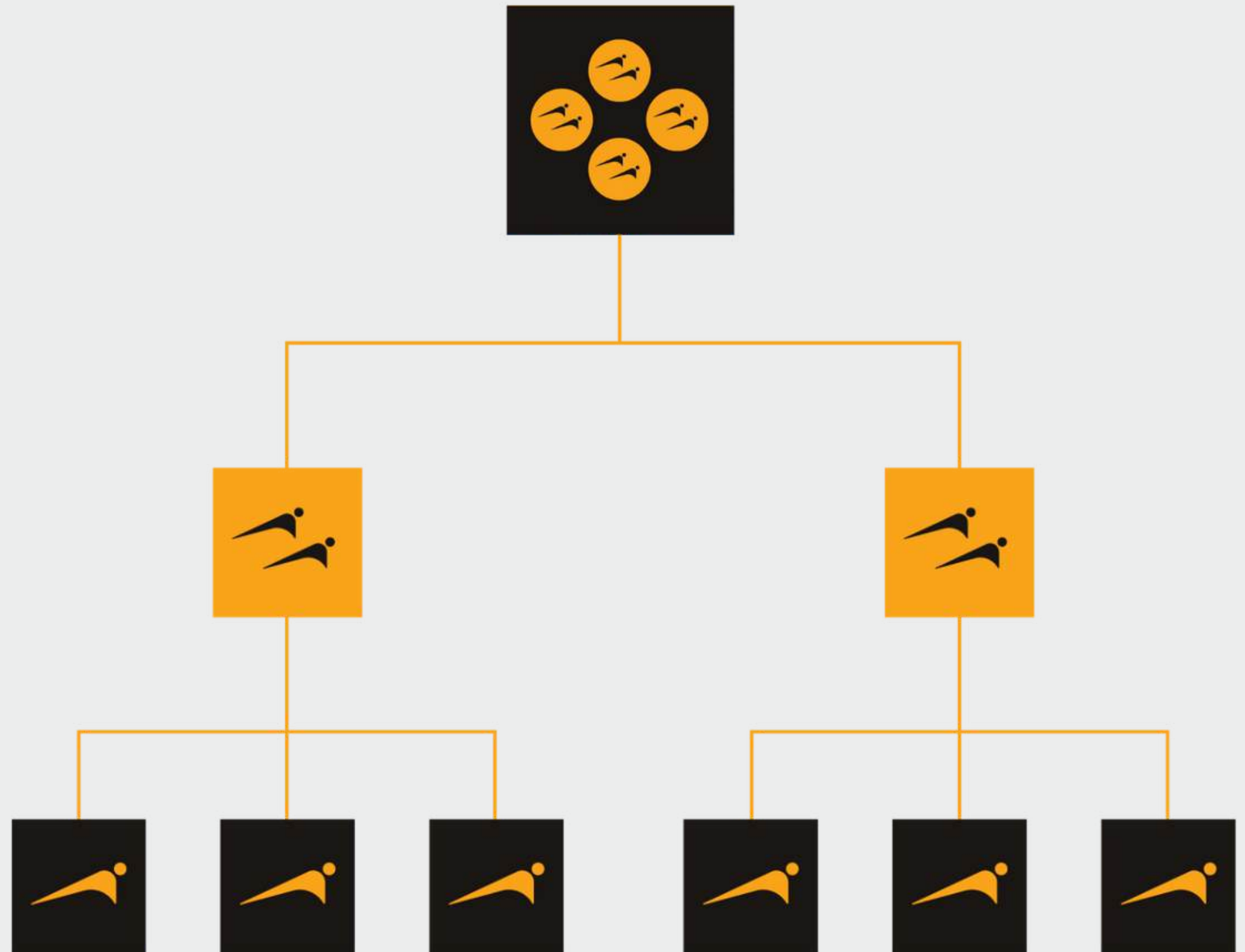
- Ask your HR and wellbeing teams to support the Challenge – share the mental health facts and facilitate discussions.



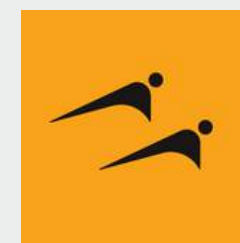
SETTING UP YOUR TEAM

Your work crew can sign up solo, as part of a Team or a Community.

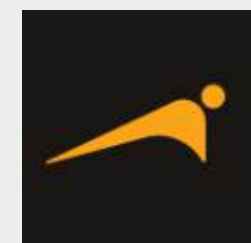
Most organisations will have a Team at the very least, or multiple Teams which form a Community. [Reach out to us](#) if you need help setting up your Workplace Teams.



Community
This is a collection of Teams. Great for large workplaces, schools, gyms or unis.



Team
Join a group legends together to form a Team. Up to around 10 people is ideal but just a guide.



Solo
Anyone can sign up on their own.

NEXT STEPS



1

Rally the crew

The best candidates are previous participants who enjoyed the experience, people with a passion for workplace wellbeing, improving mental health or enjoy creating connection with their colleagues and teammates. Get them on board.

2

Nominate your leaders

Choose Community Leaders and Team Captains from different areas of your organisation to encourage 'a whole of workplace' approach.

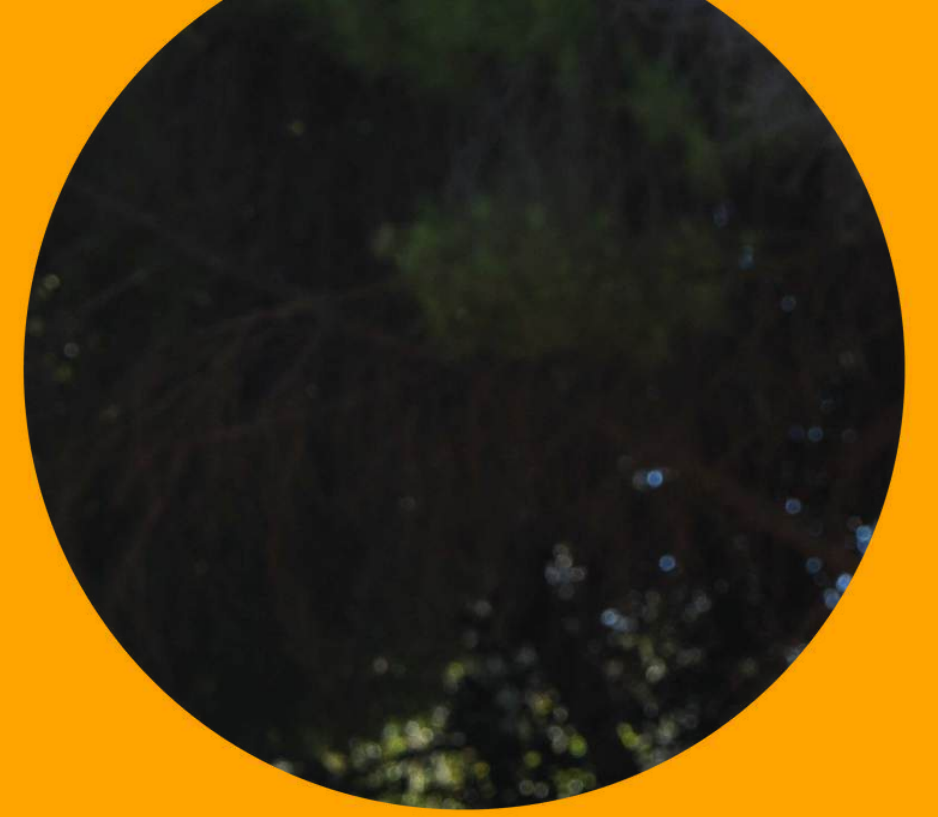
3

Connect

Create a dedicated chat stream so you can encourage and motivate each other throughout the Challenge.



FUNDRAISING & ENGAGEMENT TIPS



DURING THE CHALLENGE

Ask a profesh

Consider asking a qualified personal trainer to help with pre-Challenge training so your team is on top of best form and techniques.

Keep the convo going

Reach out to The Push-Up Challenge or your chosen beneficiary for a virtual or in person speaker session before, during or after the Challenge to keep the mental health conversation going.

Cake it until you make it

Host a launch event like a morning tea to get everyone pumped and excited. Take the time to start all-important conversations that help remove the stigma around mental health and how fundraising can make a difference.

Workplace dollar matching

Check if your workplace offers dollar matching. Lots of companies like to rally behind their employees and show their support by matching funds they've raised. [Find out more.](#)

Game on

Start a little healthy competition amongst your cohort to see who can hit their push-up targets first for the day, or who smashes their fundraising target fastest.

Encourage push-up moments

Make time within your organisation to encourage participants to do their daily push-up target and discuss the daily mental health information. This can help create an inclusive environment for your teammates and encourage connection.

Reach your targets together

On the bigger days, organise a virtual or in-person event to motivate everyone to push-up together and achieve the daily total.

Show leadership

Have someone from your leadership team share personal experiences and motivation for doing the challenge. This may give permission for others to feel comfortable speaking up.

AFTER THE CHALLENGE

Reward your team

Engage a massage therapist, meditation coach or a yoga teacher during or post the challenge to aid recovery and reward the team.

Shout out your great work

If your organisation is recognised as a top performer and receives an award, shout out or a wrap-up video from us, be sure to share it business wide to demonstrate your commitment to the wellbeing of all your colleagues.

Make time to celebrate

Host a wrap-up event to celebrate completing The Push-Up Challenge and new connections made.



Recognition

Recognise and reward your Community Leader and Team Captains for their commitment to keeping everyone connected and on track, or host your own "Pushie" awards for members of your team.



WORKPLACE DOLLAR MATCHING

DOUBLE THE IMPACT



By matching the funds raised by employees throughout the Challenge, your workplace can double the impact they have on mental health in Australia.

You'll also contribute to a more physically and mentally healthy workplace by keeping employees motivated to complete the Challenge. [Find out more about Dollar Matching](#) and how your workplace can match your employees donations.



WANT MORE?

Visit our [Workplaces page](#) for resources and other tips to help your workplace nail the Challenge.

thepushupchallenge.com.au