



The Push for Better Foundation recruiting new Directors

FEBRUARY/MARCH 2026: The Push for Better Foundation is a registered Australian charity focused on improving mental fitness through education, awareness and fundraising.

The Push for Better Foundation delivers the world's largest mental health and fitness event, The Push-Up Challenge, which runs in Australia in June, and in Canada, New Zealand and the United Kingdom in February.

Since 2017, The Push-Up Challenge has raised over \$70 million for mental health charities and seen over 1 million participants complete over 1 billion push-ups, in four different countries.

The Challenge offers participants a whole month of mental health education and awareness initiatives, encouraging people to do something great for their mental health by improving their physical and mental fitness. They are equipped with tools and strategies to improve their mental fitness and encouraged to share this new knowledge with their communities.

The benefits of The Push-Up Challenge don't stop at the end of the Challenge. Research by the University of Melbourne has found that the benefits last well beyond the Challenge, with significant reductions in the severity of depression and anxiety symptoms in the months afterwards, highlighting the lasting benefits of movement and community for mental health.

Funds raised for The Push for Better Foundation are used to:

- Operate and run The Push-Up Challenge and ensure The Push For Better Foundation can continue to do so in future years.
- Support our charity partners both in Australia and internationally to provide critical mental health services.
- Equip students across Australia with mental health education and training to promote mental fitness among their peers and school community.
- Elevate mental health literacy through science-backed educational content.
- Fund and/or develop new initiatives to address existing gaps in mental health promotion and service provision.

The Opportunity

We are seeking passionate and experienced individuals who align with our mission to join our Board of Directors.

A recent internal review of our Board skills matrix has identified two (2) new Board positions that are considered critical to the Foundation's future success.

We are seeking applicants that bring significant strengths in:

- Mental Health Advocacy
- Corporate Partnerships

As a Non Executive Director, you will play a critical governance role in guiding the organisation's strategic direction, ensuring financial sustainability, and upholding our mission and values. More information on our mission and values can be found here:

<https://www.thepushupchallenge.com.au/about-us/push-for-better-foundation>

Key Responsibilities

- Provide strategic oversight and governance
- Ensure compliance with legal and regulatory obligations
- Oversee financial performance and risk management
- Support and evaluate the CEO
- Contribute to policy development and organisational planning
- Act as an ambassador and advocate for the organisation

Skills & Experience

- Mental health advocacy
- Fundraising and donor engagement

- Governance and board experience
- Community development or sector expertise
- Marketing, communications, or digital strategy
- International NFP operations

We are committed to building a diverse and inclusive Board and encourage applications from individuals of varied backgrounds and lived experiences.

Time Commitment

Approximately five (5) board meetings per year, plus occasional events.

Remuneration

This is a voluntary position. Reasonable expenses may be reimbursed in line with organisational policy. A sitting Board fee may be considered in the future.

How to Apply

Please submit:

- A brief cover letter outlining your interest and relevant experience
- Your CV or professional biography

Applications should be sent to: cosec@pushforbetterfoundation.com.au

Closing Date: 10 March 2026

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