

WORKPLACE TEAMS TIPS & TOOLS

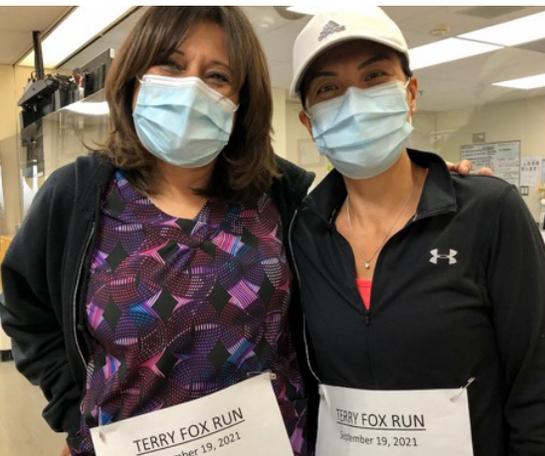
Work, and the way we interact with our colleagues, has changed a lot over the last few years. The Terry Fox Run - with 650 community events across Canada - is a fantastic opportunity to reconnect, engage, and inspire your workplace. Back in person this year, it's a great way for your workplace Team to make a meaningful (and visible) impact in your community and on cancer research.



RECRUIT

1. KICK IT OFF!

Organize an in person, virtual, or hybrid Terry Fox kick off at your workplace this year. Share Terry's story and invite guest speakers (Run Organizers, cancer survivors, Terry's family, and/or cancer researchers). Sprinkle in a few refreshments and make it an event your colleagues won't want to miss! Keep up the momentum with lunchtime wellness sessions - they're a great way to build your Team and achieve fitness goals. Try stretching, yoga, walks, jogs, or dance lessons!



2. 42 FOR 42

Celebrate 42 years of Terry's legacy of hope!

- Recruit 42 participants: Offer Terry Fox T-shirts, gift cards, or a "perk at work" (catered lunch or afternoon off) to motivate colleagues to sign up.
- Solicit 42 donations: Be bold and cast a wide net to potential donors.
- 42 day countdown: Circle August 7 on your calendar and accelerate your Team fundraising efforts! Share Terry trivia moments and research highlights regularly until Run Day - you'll find tons of information at terryfox.org and on our social media.
- 42 - Your Way! Be creative about how you will mark the 42nd Run this year. We'd love to hear about your plans!



3. KEEP IT FRIENDLY!

Want to generate even more excitement and pride? Set up an interdepartmental friendly challenge or up the ante with a "Beat the Boss" Challenge. Include participants who reach their fundraising goals into a draw for a Winners Circle Luncheon or excursion! The ultimate winner of course is cancer research!

ENGAGE & FUNDRAISE



Take a break - for a price! Get up from your desk and stretch or take a short walk around the block for a small donation. Recruit a yoga instructor to teach a few instructional classes - and ask participants to make a donation to join!

Silent (or Loud) Workplace Auction or Raffle: Tap those company networks! Set a time limit to bid on coveted items, gift cards, and experiences (golf anyone?). Generate a buzz at work, win some great items, and raise much needed funds for cancer research!

FOX-y Fridays: Working from home? Schedule a FOX-y Friday fundraiser and don your best attire during your virtual meets! Dust off those dresses, ties, boas, and fedoras. Back in office? Glam up your workplace with theme days (donate to enter or donate to excuse yourself!)

Food for Thought: Encourage colleagues to show off their excellent baking skills at an office Bake Off. Don't have a sweet tooth? Replace the desserts with savoury snacks. It's a tasty way to raise funds and get an energy boost at work.

Finesse Your Fitness: Challenge your Team members to start moving - and fundraising - early. Track your progress with an app - ask for a donation for every step and target reached.

Enhance your efforts by asking management for a corporate or match donation for your Team, or for your individual donations. It's an amazing way to double your Team's impact! Payroll deductions are an easy way to keep your fundraising going all year round - ask us how!

CELEBRATE

On Run Day, bring your Team together for a Run Day group photo (wearing your customized Terry Fox shirts!), which you can share with colleagues and on social media. Celebrate your Team by organizing a post-Run event where you can acknowledge top fundraisers, special supporters, and awesome efforts! Share your fundraising total as well as big thank you to everyone who supported your Team's success!



Tag us @terryfoxteams, or use #TeamUpForTerry, to share your company's story and contribution Canada-wide!

We're here to help! Email us at teams@terryfox.org



THE TERRY FOX
FOUNDATION