

# Tips for Motivating and Working with Your Team



1. Send regular updates to all team members. Sending a brief email once every week or two with a short update and a quick reminder to keep fundraising is a great way to keep your team members motivated and informed.

Here are a few tips for what to include in each email:

- Congratulate your top fundraiser for the week, then challenge your teammates and encourage someone to get the top spot next week! Come up with a fun and inexpensive way to say thanks (e.g., a free coffee or a small trophy/token they get to keep for the week.)
- Share an update on reaching your team fundraising goal. How close are you to reaching your team goal? How much money do you need to raise to get 10% closer? Set a goal for the coming week and challenge your team members to reach it.
- Encourage every team member to ask at least five new friends/family for support each week, or to follow up with people who haven't yet responded.

2. Send a welcome email to your whole team every time a new member joins. It's nice to hear when someone new has joined. It's also a great opportunity to remind your team to keep asking others for support, and to share any helpful updates.

3. Get your whole team to come out on Parkinson SuperWalk weekend. Participating is a great way to celebrate the efforts and success of your team, to have fun, and to learn more about how the money you raise is helping us in the fight against Parkinson's. The Walk is also a great opportunity to bond as a team.

4. If you have more time and energy, here are a few additional ideas for having some fun and raising more money with your team:

- Help each of your team members with their fundraising. Offer to help them identify friends and family who they can ask for support, import their address book and send emails asking for donations, and follow-up by email or in person.
- Host a fundraising activity in your workplace or school. A number of our teams have had success organizing bake sales, auctions, "dress down days" or other fun activities at their office to raise additional funds from colleagues and friends.
- Host a team gathering before the Walk. Get your team together for a fun teambuilding activity like lunch, dinner, or bowling. It's a great opportunity to ensure team members all meet one another, and to motivate everyone to work together to reach your fundraising goal.
- After the Walk, it's a great idea to get your team together one last time. Celebrate what you accomplished as a team, share your favourite moments with each other, thank everyone for their contribution, take note of successful fundraisers, and make plans for the next Walk.