

# SELF care CHALLENGE

## FACILITATOR INSTRUCTIONS

### VIRTUAL CHALLENGE INSTRUCTIONS

WELCOME to the Self-Care Challenge! True self-care is about taking care of yourself and the things that are important to you so that you can lead a happy and fulfilled life. Each day, you will be challenged with achievable tasks to recharge, refresh, reconnect, and refocus! You are worth it.

The more healthy tasks you complete, the more points your team earns. Individuals will submit points using a virtual submission form, and leaderboards will be updated every week. A Resource Centre including helpful tip sheets, scorecards, task cards, challenge-specific guides, and self-care resources is also provided. Over the next few weeks, you will be provided with emails, instructions, resources, and videos to help ensure you have a successful challenge!

### KEEPING IT SIMPLE - COMMUNICATIONS

We are all about keeping things super simple. Over the next few weeks, we will walk you through how to lead a successful team challenge. Some of the communication shared will need your attention while others you can simply forward along to your staff.

### TEAM REGISTRATION

Don't forget, you need to submit your team names no later than 5 days before the Challenge begins. Don't worry, we'll remind you.

### PROMOTE, PROMOTE, PROMOTE

Whether it's via email, office or virtual meeting, or the poster included in your kit, decide what will work best within your organization to ensure optimal exposure and communication. Then, do more of it!

### CHALLENGE GOAL - COMPLETE HEALTHY TASKS FOR POINTS

As a team member, the goal is to complete as many individual tasks as possible. We are maintaining the honor system! The more tasks you complete, the more points you accumulate for the team.

### TEAM LEADERBOARDS

Leaderboards are updated once per week! Visit your Team Challenge Site for the team standings.

### GRAND FINALE

Depending on what you have chosen as an incentive, the grand prize should be awarded at the end of the Challenge when the final leaderboards are presented. The more points the team earns, the greater the chances of winning. We are also including a Completion Certificate should you want to share. Good luck and have fun!