



## 👊 Get Your Workplace Sweating with Pride this June! 🏳️‍🌈

Keen to bring Sweat with Pride to your workplace? Amazing! Workplaces that get involved in Sweat with Pride not only raise life-changing funds for rainbow communities in Australia, but also foster inclusivity, team spirit, and a whole lot of sweaty fun. Here's how to make it happen:

### Step 1: Get Your Boss (and HR) on Board

Frame it as a team-building opportunity that promotes workplace wellbeing and inclusivity. Highlight the positive PR for your workplace supporting rainbow communities. Mention the health benefits—21 minutes of movement a day is great for staff wellbeing! Emphasize the fun factor—who doesn't want an excuse to wear neon workout gear to work?

### Step 2: Rally Your Workmates

Start a workplace team and get as many colleagues as possible to join in. Spread the word in your office chat, email, or noticeboard. Host a kick-off event (morning tea, lunch workout, or a quick huddle) to get people excited. Assign a team captain to keep the energy high and the sweat flowing!

### Step 3: Make It Easy to Participate

Set a realistic movement goal (21 minutes a day) that everyone can commit to. Encourage different ways to sweat — walks at lunch, desk stretches, group fitness challenges. Suggest friendly competitions between departments for extra motivation!

### Step 4: Get Management to Sweeten the Deal

Ask your employer to match donations raised by the team. See if the company can sponsor registrations for employees who want to take part. Ask leadership to shout a reward (maybe a morning tea or an extra break) if the team hits a fundraising goal.

### Step 5: Spread the Word

Use company-wide emails, newsletters, and social media to encourage sign-ups. Print posters for the breakroom and add Sweat with Pride branding to email signatures. Suggest a 'Sweaty Friday' dress-up day where everyone wears their workout gear to work!

### Step 6: Celebrate & Share Your Impact

Keep the team motivated by sharing progress updates. Shout out top fundraisers in company meetings or emails. Plan a wrap-up event at the end of the month to celebrate the sweat, the funds, and the fun!

*Need Help? We've Got You! Drop us a line at [sweat@rainbowgiving.org.au](mailto:sweat@rainbowgiving.org.au) if you need a hand! Now go forth, Sweat Boss, and get your workplace moving for a fabulous cause!*



Suggested communications: 'Get Sweaty with Pride — Join Team <insert Team Name>! 🏳️‍🌈💪'

Check out our visual assets [here](#) to help promote the campaign.

This June, <insert Team Name> is taking part in Sweat with Pride – and we want you on our team! 🏳️‍🌈💪

Sweat with Pride is a new national fundraising and awareness campaign challenging Aussies to commit to 21 minutes of movement a day throughout Pride Month, while raising funds for vital LGBTQIA+ health and wellbeing services, including by ACON and Minus18.

💔 Why it matters: LGBTQIA+ Australians experience the highest rates of suicidality of any population, and less than half of LGBTQIA+ students feel safe at school. That's why we are getting sweaty to help save lives.

Whether you walk, dance, lift, stretch, climb, or swim – every drop of sweat helps break down barriers to LGBTQIA+ inclusion in health, education, and community life. As a bonus, earn limited-edition rewards like socks, pins, tote bags and caps!

Let's get sweaty – and show our pride in action!

👉 Join us now: [Insert team link]