

# 10 TIPS FOR RECRUITING CO-WORKERS.

Co-workers make excellent teammates for your Alzheimer's Association Walk to End Alzheimer's® team. Here are 10 tips to get your colleagues on board:

- 1 Start early.** Begin recruiting your co-workers right after you register your team online. The sooner you build your team, the more time you have to raise awareness and funds.
- 2 Speak at a company or team meeting.** Sharing your story may motivate others who are also affected by the disease to take action.
- 3 Post information in your workspace and around the office.** Create a flier that lists facts about the disease ([alz.org/facts](http://alz.org/facts)) and hang it in break rooms and other common areas. Don't forget to include a sign-up sheet with your contact information or a link to your team page.
- 4 Include a blurb in your company newsletter.** Share a brief story that explains your connection to the cause and lets others know how they can join your Walk team.
- 5 Ask your manager or CEO to send an email out on your behalf.** Craft an email to rally your co-workers around the cause. If your manager or CEO has a connection to the disease, ask him or her to include a personal story.
- 6 Offer incentives.** Encourage colleagues to sign up quickly by offering small prizes to the first people who register for your team.
- 7 Get the word out.** Let your co-workers know you're looking for team members and ask them to help spread the word. They may know someone in another department who would like to participate.
- 8 Set up a table during lunch.** Attract attention to your table by offering candy or a baked good so that you can talk about Walk and the Alzheimer's cause with visitors. Have copies of your flier on hand.
- 9 Combine Walk with company fitness efforts.** Invite co-workers to take group walks during breaks as a way to build excitement and bond with team members. Using your Walk day as the final goal, consider attaching a fundraising incentive to your walks. For example, ask other co-workers to make a donation for each mile your team walks during the year and then ask your manager to match it.
- 10 Make it fun.** Give your co-workers regular updates on fundraising milestones reached. Those who haven't signed up for your team will see how much success and fun your team is having and want to join.

Visit [alz.org/walk](http://alz.org/walk) and log into your Participant Center for more recruitment tips.

