

10 Tips for Recruiting Team Members

Co-workers, friends and family are excellent potential team members.

Below are 10 tips to get you started:

1. **Start early.** Begin recruiting as soon as you have decided to form a team. The earlier you get your friends, family and/or co-workers involved, the sooner you can begin planning your team's fundraising activities and building excitement.
2. **Speak at a company or group meeting and/or a family get together.** Telling your story and asking others to join you in a group setting allows those touched by Alzheimer's disease and other dementias to take the first step by indicating interest. Also, it's often your story that motivates others to act.
3. **Post information in your workplace, club, church, on your refrigerator and other places your friends and family will notice.** Make it easy for people to find you and identify you as the main contact. Place posters in the break room and bathroom stalls. Be sure to leave a sign-up sheet in your workplace, church or club in case you are not around.
4. **Include a blurb in your company newsletter, church bulletin, family/friends social media forum.** Briefly share your connection to the cause, a current statistic or update about the disease from www.alzheimer.ca/oxford and a call to action such as "Join my team and help me in the fight against Alzheimer's disease and other dementias".
5. **Ask your location manager or company CEO, oldest member of your family, leader of your group, your best friend to send an email on your behalf.** Craft an email sharing the latest facts and figures on Alzheimer's disease from www.walkforalzheimers.ca. Invite your co-workers, friends and family to get involved in the effort by joining your Walk for Alzheimer's team. Ask your manager, CEO, family member, leader, etc. to send this email expressing her/his excitement about seeing their team band together for such a great cause. If they have a personal connection to the disease, ask them to share their connection in their message.
6. **Offer incentives.** Conduct a raffle or offer a small gift certificate to the first five people who join your team. This will encourage people to sign up quickly.
7. **Get the word out. Let your family, friends and co-workers know you are looking for team members.** They may know someone who would love to hear from you.
8. **Look for opportunities to draw attention to yourself.** Set a table in your work lunchroom to help meet people you don't work with every day, set a table in your church foyer and be at the table after church to answer questions and invite people to sign-up for your team. Add some balloons to your table, have some candy or goodies at the table to attract people to your table.
9. **Combine the Walk with the fitness efforts of your co-workers, friends and family.** Walk for Alzheimer's is an all-ages, all-abilities Walk. Using Walk day as a goal. Invite co-workers to join your team and walk during breaks or invite family and friends to join you at set days and times for a group walk. Getting together for walks can help to generate excitement about the actual event.
10. **Finally, make it fun! Excitement is contagious.** Continuously update your co-workers, family and friends on your efforts, success, fundraising and milestones reached. They will see how committed you are, and want to be a part of the effort. Encourage your other team members to do the same with their co-workers, family and friends.