

MARCH 2024

FYA WORKPLACE EDITION



Big Team Challenge

Congratulations to Latton Bush Walkers, our Big Team Challenge winners for February's 'Islands of the Caribbean' challenge. Managing just shy of 2,000,000 steps, they ran/walked 1390km throughout the month on the way to being crowned our winners.



Woman Like Us X This Girl Can

If you missed out on the chance to take part in last month's Big Team Challenge, then have no fear. Linking with International Women's Day on the 8th March, we're teaming up with This Girl Can and Woman Like Us to bring you their own exclusive Big Team Challenge!

Sign up with your female colleagues and join our This Girl Can ambassadors [here](#).

Big Team Challenge Stats

547 active participants

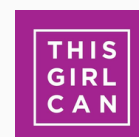
127 teams took part

118,665,494 total steps

20 teams completed challenge

Top 3 Steppers:

- 1** Sam Crawford - 480km
- 2** Todorina Hammond - 437km
- 3** Joanne Mason - 421km





Mental Health First Aid England - My Whole Self

On the 18th March, My Whole Self encourages workplaces to celebrate and embrace our diverse identities and experiences. We want organisations to empower employees to bring their whole self to work. That includes background, sexuality, religion, gender, health, and mental health.

Over the past five years, My Whole Self has evolved from a handful of people sharing their My Whole Selfies to hundreds of organisations embedding the principles of My Whole Self into their workplace.

Whether this is your first time discovering My Whole Self and you need an overview of the campaign, or you are looking to remind yourself of our resources and deepen your involvement, we have created a new guide to support you.

The My Whole Self: Guide to creating inclusive workplace cultures has been created to give you everything you need to create workplaces where everyone is seen, heard, and valued and where wellbeing and productivity go hand in hand.

[Read more here](#)



Comic Relief - Red Nose Day

Friday the 15th March marks this years Red Nose Day. Red Nose Day is an annual campaign that raises life-changing funds to help end the cycle of poverty and ensure children are safe, healthy, educated and empowered across the UK. and around the world.

This year they have produced a workplace guide with resources and fun ways in which your workplace can do something funny for money and help raise money for a good cause.

[Download the workplace guide here](#)



CAREERS

National Careers Week 2024

From the 4th to the 9th of March National Careers Week takes place.

Throughout the week, we want to celebrate and highlight the amazing job opportunities in the Essex sport and physical activity sector. As part of this, Active Essex will be sharing stories and videos throughout the week of how we got into our jobs and roles. We encourage you to do the same and raise awareness of the brilliant jobs you're all doing in your fields.

EmpowHER

EmpowHER is a FREE challenge to help women in business unlock next level confidence, using dance as a secret tool for success!

The challenge will run from Monday 4th March - Friday 8th March, finishing with a BIG finale on International Women's Day!

Everyday, Be More Dandelion will be sharing daily MOVEMENT MANTRAS to help women step into their confidence with easy-to-follow, simple movements that can be used anytime, anywhere, as often as needed!

It's a great way for you to engage your female employees, help them feel supported in the workplace, with ZERO cost required on your part!

If you think it's something your team would love to get involved in, please feel free to SHARE the graphic attached, along with the SIGN UP link below. Or contact CEO, Fiona Bool [@bemoredandelion.com](mailto:admin@bemoredandelion.com).



Sign up here

