

BE A LEADER WHO SETS THE EXAMPLE



DO CARDIO. DO GOOD.

If you're a leader in your company, church or group, you are no stranger to working hard, achieving goals, and setting an example for your team. You also know that your team/flock needs tending to, to keep them healthy, engaged, and fulfilled.

Below are 7 great pointers from Entrepreneur.com on boosting your team's morale, increasing job satisfaction and productivity, and decreasing burnout and turnover. The BiG Cardio Event and BiG Children's Foundation can help you achieve them all!

- 1. Keep employees feeling their work is more than a job.** [Encourage employees to volunteer at BiG Children's Foundation and impact the lives of teens in foster care.]
- 2. Take time to creatively celebrate accomplishments** [As a group, attend BiG Cardio and take videos of employees crossing the finish line, pressing through a cardio workout, winning a sports tournament or overcoming a challenge on the obstacle course. Then host a post-event social meeting at your site and watch the video footage together!]
- 3. Grant time off to employees to pursue projects they are passionate about.** [Encourage your employees to use their gifts and talents to teach a class in our program such as money management, cooking, nutrition, fitness, dance, arts, life skills, tutoring, professional skills, etc.]
- 4. Mix up the company's way of doing things.** [Host your annual company picnic at our BiG Cardio Event and let us do the work for you!]
- 5. Don't forget to have fun.** [Designate the BiG Cardio event as your "team spirit dress up day" and give prizes for those with the most team spirit!]
- 6. Train employees to develop positive attitudes.** [Give employees an opportunity at a staff meeting to share of the impact they're making in a teen's life...and the impact the teen is making in theirs!]
- 7. Offer time away from the office to do some good.** [Engage your staff in a community service project with us for some time away from the office, and build camaraderie and harmony among each other.]

To learn more about the mission of [BiG Children's Foundation](https://www.bigchildren.org/), visit [ReshapeTheirFuture.org](https://www.ReshapeTheirFuture.org).

BiGCardio.org