

INVOLVING YOUR WORKPLACE IN DRY JULY NZ 2023

SIGNING UP IS AS EASY AS...



Sign yourself up first



Create a Workplace Team
and invite your workmates
to join your team



Give up alcohol
together in July



Make a difference
to people affected
by cancer

BENEFITS OF A DRY JULY

BENEFITS FOR TEAM MEMBERS



A clear head



Better sleep



Healthier skin



Weight loss



Increased energy
levels



A great sense of
achievement

BENEFITS FOR YOUR ORGANISATION



Enhance
leadership skills



Strengthen
teamwork



Build
resilience



Stimulate creative
thinking



Promote healthy
lifestyle changes



The ability to give
back and support your
community



HAVE QUESTIONS OR WANT TO KNOW MORE?

Get in touch with our team at team@dryjuly.co.nz

HOW WE SUPPORT YOUR WORKPLACE TEAM'S DRY JULY

We know you've got plenty to do at work, so rest assured we've designed a fully supported Dry July for your workplace team members and workplace team leader.

WORKPLACE TEAM MEMBER



On-boarding journey including tips & tricks to a successful Dry July



Pre-written emails for fundraising



Downloadable materials including fundraising posters, a Dry July countdown calendar, social media images and more



Fundraising tips



Weekly email support & progress updates



Health & Wellness information and tools

WORKPLACE TEAM LEADER



Team focussed on-boarding journey



Social media assets for workplaces



Downloadable team posters, email signatures, virtual backgrounds and more



Team fundraising ideas



Support from our Workplace Engagement team



Access to our Health Hub resources

