

How to Motivate NAMIWALK Team Captains

mo•ti•vate To provide with a motive
Other words for motivate: Inspire, Encourage

Inspiring and encouraging your team captains will guarantee a successful NAMIWalk effort in your community. Here are some tips for inspiring your team captains:

- 1) **Identify one person on your NAMIWALK committee to be the contact for team captains. This person will be in touch with captains weekly before the walk.** The job of each team captains is threefold:
 - Raise a team to go to the NAMIWALK
And/OR
 - Raise pledges on behalf of the NAMIWALK
 - Collect money and paperwork before the NAMIWALK and make sure it all gets to the right place

**MAKE SURE EVERY TEAM CAPTAIN RECEIVES THE HANDOUT:
“HOW TO BE A NAMIWALK TEAM CAPTAIN”**

- 2) **In the past, the motivational kick off lunch for team captains has been held in Helena. We realize not everyone wants to travel to Helena for this event. This year you can either come to the Helena kickoff lunch or host an event in your own community. Here is how it works.**
 - If you host your own kickoff lunch or breakfast, NAMI-Montana will reimburse you up to \$7.50 per person who attends your local kickoff event. Save your receipts and submit them following your lunch with a list of who attended.
 - If you opt to travel to Helena for the kick-off lunch, NAMI-Montana will reimburse mileage for one vehicle and provide 4 tickets to lunch.

It doesn't matter which choice you make. The point is to hold one event in early September when you get your NAMIWALK committee and your team captains all in one room for inspiration, encouragement and support.

A sample agenda for the one hour kick off lunch:

- **12:00-12:10** Welcome and introduce selves
- **12:10-12:25** Enjoy lunch...talk amongst yourselves!
- **12:25-12:35** Ten minute motivational speaker...this can be someone who has benefited from NAMI or knows a lot about how NAMI helps people. Important that this is brief and to the point...the goal is to inspire!
- **12:35-12:50** Give out Team Captain Registration Sheets and Walker Pledge Sheets
Find out who is planning to travel to Helena for the walk
Find out who is NOT planning to travel to Helena and needs a “proxy” walker...someone who will walk on behalf of the entire team
Explain the timeline: when do pledges need to be collected and turned in
- **12:50-1:00** Time for question/answer and wrapping up

Team captains are the heart of the NAMIWALK. Take time to motivate, inspire, encourage and support your team captains. The rest will fall into place!