

THERE'S NO BETTER
FEELING THAN PUSHING
YOURSELF TO THE LIMIT
AND DOING IT NOT JUST
FOR YOURSELF BUT FOR
SOMEONE ELSE"

###

WORKPLACES

NEDD'S UNCOMFORTABLE CHALLENGE

WHAT IS NEDD'S UNCOMFORTABLE CHALLENGE?

We're asking all Australian workplaces to join Nedd's Uncomfortable Challenge, which will push you out of your comfort zone, while raising money for people experiencing homelessness in Australia.

Choose a challenge that is uncomfortable to you and do it every day for 10 days from the 20th - 29th of October. If 10 days isn't for your workplace, sign up and do a full day or half day challenge!

WHY TAKE PART?



**BUILD CONNECTION
AND RESILIENCE
AMONGST STAFF
MEMBERS**



**TACKLING
SOMETHING TOUGH
CAN IMPROVE
MENTAL HEALTH**



**SUPPORT A CAUSE
THAT MATTERS...
EVERY DOLLAR MAKES
AN IMPACT!**



**STRENGTHEN COMPANY
CULTURE & LEADERSHIP
THROUGH PERSEVERANCE
AND COURAGE**



**A FLEXIBLE
CHALLENGE THAT
ALLOWS EVERYONE
TO TAKE PART.**

HOW CAN MY WORKPLACE GET INVOLVED?

It's simple! Sign up as a team using the link below.
Rally the troops and set your challenge, whether it's for 10-days
or 1-day (let us know if you need help!). Then it's time to start training!

**SIGN UP
NOW** ↓

EXAMPLES

- NO CAR! COMMUTE ONLY BY PUBLIC TRANSPORT OR WALK TO WORK
- MORNING RUN OR RIDE CLUB
- COLLECTIVELY ACHIEVE 100,000 STEPS A DAY