

BECOME A NAMIWALKS TEAM CAPTAIN.

All you have to do is...



- Choose a team name
- Set your team goals (usually teams consist of 10 persons and commit to raising \$1,000 or more)
- Go to www.namiwalks.org and register as a team captain and set up team and personal team web pages
- Donate to the WALK in support of yourself
- Motivate and encourage others to join your team:
 - colleagues, neighbors, friends and even your book club
- Encourage each of them to create their own walker fundraising page and make a donation in support of themselves
- Send emails to your friends, family and colleagues telling them why NAMI is important and about how it helps people or your personal connection to NAMI
- Encourage you team mates to do the same
- Encourage the use of Facebook to create awareness about what your team is doing and why they are doing it
- Thank and encourage your team mates regularly so that they stay excited and engaged
- Have some fun by:
 - challenging teammates to a contest
 - providing an incentive to reach a goal of the week
 - having a get together prior to the WALK to stay excited
- Create a cool team t-shirt for your team and provide to members
 - It will build comradery
 - Help teammates find each other at the WALK
- Celebrate your success on WALK Day and thank everyone!



Visit namiwalks.org
for more information.



NAMIWalks
National Alliance on Mental Illness

