



Share the Dignity's 'Defenders of Dignity' Program



What is it?

An exciting hybrid between team building and corporate volunteering, built to mobilize your people for good.

What's the session's main focus?

Ending Period Poverty.

How is it delivered?

- Either **Face-to-face over 3 hours** - at your office, or any venue of your choosing such as a conference venue or a hotel.
- Or **online over 2 hours** - whether people are spread geographically over the region, or simply working from home.

How will my team benefit?

This is more than just a team building activity. This is a fun, fast-paced, interactive session with prizes to be won, where your people connect on a deeper level and find better ways to work together, whilst helping a charity in the process. This experience is about building empathy, building connection, and building commitment not just to Share the Dignity, but to your colleagues and your company.

How will Share the Dignity benefit?

As we're in partnership with Share the Dignity, they receive 50% of the net profit from every session, which translates to at least \$500 plus GST for every session. So, by joining in your people are making a financial difference to Share the Dignity and helping to transform people's lives. In addition, we create 'Dignity Bags' which go out to women who are experiencing homelessness, fleeing domestic violence, or doing it tough.

What does the session cover?

- **Competing in the 'Period Poverty' team quiz** – we set the scene with a quiz to find out what people know about the issue of Period Poverty and to normalise it as an everyday situation that many women find themselves in.
- **Appreciating the work of Share the Dignity** - an overview of the charity including inspirational stories about how they support young women and girls who cannot afford period products, how Share the Dignity's work has transformed the lives of these underprivileged women, and how they've gone on to live fulfilling lives.
- **'Defenders of Dignity' gratitude Exercise** – team members reflect on a time when they had to go without certain basic necessities, things that perhaps we may take for granted, and consider how lucky we are.
- **'Dignity Bag' team challenge** – teams are each given a different, real-life scenario involving a past Share the Dignity client. With a limited financial budget and a limited timeframe, team members work together to shop for period products and toiletries appropriate to their scenario. They then create Dignity Bags which go out immediately to women in need. The innovation and empathy shown in this main exercise determines the overall winning team.
- **Commitment to action** - at the end of the session, the group will have the time to reflect on what they've learned and commit to taking personal action to make a difference both at work and for Share the Dignity, helping to end Period Poverty in Australia.

We hope to hear from you soon and have the opportunity to host a Share the Dignity 'Defenders of Dignity' program for you and your team. Call 02 9158 9600 or email info@teambuildingwithpurpose.com.au