

The Vanguard Tough Mudder Takeover

AN EMAIL TO YOUR MANAGER



Copy and paste the below text into an empty email and send to your manager

Hi XXXX

On Friday 22nd September, Vanguard will be hosting an industry-exclusive Tough Mudder Takeover and we've been invited! I think it would be great if **we / I** could take part.

Before I explain the 'why', I thought it would be helpful to share some context around what 'The Vanguard Tough Mudder Takeover' actually is, in case you're not familiar. For one day only, Vanguard will be taking over Tough Mudder's famous 5km course – consisting of 13 muddy obstacles designed to challenge advisers from across the UK. You can find out more by visiting Vanguard's website here.

Here are just a couple of the reasons why I think it would be great for **us / me** to join in:

- The obstacles are designed to be conquered as a team, regardless of fitness or ability. I think this would be a fantastic (and fun!) team building opportunity for us to enter together. In fact, 80% of the teams that take part in Tough Mudder do so because it creates a shared mission and sense of camaraderie.
- As this is an industry event, I think it would be a great networking opportunity – I know Vanguard already have a fair few teams signed up and it would be great to be a part of that.
- It is well-known that physical activity benefits emotional well-being and productivity.
- This could be a great event for us to train together and raise awareness and funds to support **(INSERT CHOSEN CHARITY)**. I'm happy to take the lead on setting this up for us too.

The event is free to enter as Vanguard are covering participation costs, so the ask is for sign off to attend during working hours.

Ultimately, it's a great opportunity to spend some time with our colleagues and peers, away from the office, in an environment that will challenge us and encourage us to work together. I'll be team captain and get us set up and ready to go for the big day too!

If you could please me know your initial thoughts that would be great.

Thanks,

Your sign off