

Why should your team take part in The Vanguard Tough Mudder Takeover?

Friday 22nd September 2023, London South



The Vanguard Tough Mudder Takeover is more than just an obstacle course. Built on the foundation of overcoming obstacles and taking on a fun challenge, the entire experience is designed for groups to take part in as a team.

80% of teams do Tough Mudder to increase teamwork and camaraderie in the workplace.

Whether you're a team that's competing (are you in it to win it?) or completing (it's the taking part that counts, right?), you're the office apprentice or the office manager, there's a place for you and your colleagues at The Vanguard Tough Mudder Takeover.

Here's just some of the reasons we think joining us will be good for you and your team.

1. Unleash team spirit: Who says work can't be fun? 80% of teams that take part in a Tough Mudder, do so to improve teamwork and camaraderie. (Source: Tough Mudder). And this event is all about teamwork. You'll need to work together to conquer the obstacles and provide encouragement when the going gets tough. The entire experience is designed for groups to take on the obstacles as a team, no matter the fitness ability. And don't worry, there will be enough Vanguard crew to help make up your team if needed. Everyone is welcome.

For those not able to participate, full cheer support is welcome and encouraged, and we will have spectator spots dotted around the course.

- 2. Watch someone grow:** Clear communication, leadership, trust, encouragement – these are just some of the traits to be harnessed to get you all around the course. It's an opportunity for anyone to glow, outside of the office, in a whole new environment - regardless of tenure, experience or seniority. It's time for someone new to shine.
- 3. Level up your fitness game:** Challenge yourself and your team physically and improve your overall

fitness. Training for the event will help to boost yours and your teams' endurance, strength and mental resilience. We've plenty of materials to help you here too, including obstacle specific training exercises and 5-week wall charts. Visit the website.

- 4. Make a bigger impact:** Use the opportunity to fundraise for a cause close to your, your teams', or your companies' heart. We've got fundraising starter packs to help you here too. Visit the website to find out more.
- 5. See the benefits of networking:** Join your industry peers in an experience like no other – represent your practice with pride and show just how well you do what you do! And pick up a business card or two along the way too...

Find out more

Visit our website: vanguard.co.uk/professional/tough-mudder or by scanning the QR code

Email us at: events.europe@vanguard.co.uk

Contact your local BDM.



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