

THE JANUARY CHALLENGE 2020

A 31 DAY PROGRAMME FOR WORKPLACE WELLBEING

64 Million
artists!

No. 365

Jamie Wick



Are you looking
to improve employee
engagement and
support their
wellbeing?



The January Challenge is a unique opportunity to engage all of your staff with a fun, creative 31 day programme to promote mental wellbeing, collaboration and strong company culture.

THE JANUARY CHALLENGE IS FREE

ANYBODY CAN TAKE PART, ANYWHERE

64 Million
artists!

No. 365

Jamie Weick

To help larger workplaces engage all of their staff, we offer optional extras to embed The January Challenge throughout the organisation.

PREMIUM PACKAGE

All the practical things you'll need to get your workplace ready for The January Challenge. Access to all of the challenges ahead of time, with the posters, graphics and copy you'll need to inspire your staff. Includes a Champions toolkit and guide.

£500

ONGOING TECHNICAL SUPPORT

We can support you to set up your workplace systems before January. Get all of the daily challenges scheduled and ready to go, with ongoing technical support throughout January.

£1500

THE CHAMPIONS WORKSHOP

Engage key staff in a creative workshop. Build confidence, work together to develop challenge ideas and get ready to get creative with the team.

One workshop - £750
Series of three workshops -£2000

Get in touch to enquire about reduced rates for smaller businesses.

What is The January Challenge?

The idea is simple. Each day in January we send out a short creative challenge which only takes 5 or 10 minutes to complete. All challenges are free to take part in and any materials should be easy to find (a pen, paper, random junk in your recycling bin, a sense of humour, etc). The challenge might be writing a poem or drawing a picture, or it might be thinking your way around a problem or going on a mini-adventure. They encourage self reflection but also connection to the community and teamwork.

Participants are encouraged to Do the challenge, Think about the impact it had on them and Share either within their team in person, on your intranet, Workplace, Slack or on wider social media.

In 2019, the hashtag #TheJanuaryChallenge had over 11m impressions on Twitter and Instagram. Over 15 hospitals, an NHS Foundation Trust, 2 major Arts venues and a school formally took on the Challenge, meaning that over 25,000 employees received each daily prompt. Feedback from Workplaces that took part this year suggests that it had valuable impact both within the team and within the wider culture and environment of the building.

You can find out more about the participants and [the impact of the challenge on them here](#).



"Two things have happened for me while introducing this to the NHS trust I work in. The honesty and openness that staff bring to the challenge and the vulnerability they are happy to share through the creative projects they embark on. Wow! And then today as the challenge has been taken to our Dementia patients ... ! I love it, my family love it, my workplace love it and we are laughing at the ideas we are coming up with..."

"It pushed me to think outside of the box all the time. I was forced to stop and reflect, look around me and generally get off the treadmill. I feel more open to taking risks. I feel more confident."

"It's been a fantastic experience for me - I found that I've been able to look at the world in a slightly different way than I would if I was sat in an office for 9 hours a day answering emails."

"Taking part in 64 Million Artists' January Challenge triggered a transformation in my wellbeing. Since then, I have spent the rest of the year introducing creative challenges into my regular routine."

Reported benefits include improved wellbeing, better motivation and concentration, group cohesion, employee engagement and reduced sick days.





The January Challenge is free to take part in, and you can sign up as an individual here:

www.dothinkshare.com/sign-up

If you are interested in purchasing any of the optional extras, and engaging your whole workplace, get in touch with Jemima at:

jemima@64millionartists.com

07896 549932

