



Corporate Team Captain Guide



October 15, 2023 | Central Texas



Welcome Corporate Teams

Now, more than ever, women and men from across the country affected by ovarian cancer, depend on the funds raised by the NOCC community of supporters. Your company has this unique opportunity to come together as a team and a community to fight against ovarian cancer. Thank you for taking this step with us to make an impact.

Support and participation from companies like yours will help the National Ovarian Cancer Coalition save more lives and help the NOCC deliver on its four pillars of progress: Early Awareness, Quality of Life, Research and Community Outreach. We thank you, and your team, for your support and commitment. To help you in your fundraising efforts, we've created a list of fun, creative and activities for your company to try!

TEAMWORK: Whether your corporate team is large or small, Together in TEAL is a great way to build team spirit and a sense of camaraderie among employees. Employees are proud to say they work for companies that support important causes.

LOW COST TO YOUR COMPANY: Because funds are raised when team members ask their families, friends and neighbors for support, a large corporate donation isn't required.

PUBLIC AND COMMUNITY RELATIONS: Participating in a Walk sends a strong signal that you and your team members care about your community.



Companies of every size are uniting from coast to coast to participate in Together in TEAL - Everywhere As ONE



Recruit

- Think about all the different divisions, departments, and areas of the company you can recruit from.
- Assign a Co-captain from each group, to help you recruit and rally team members.
- Ask the CEO or another high-level executive who cares about supporting ovarian cancer Survivors, to draft an all-company message, challenging them to register and build their teams.
- Plan an internal kickoff to sign up co-workers and get them excited.
- Ask for time to talk about the Together in TEAL[®] - Everywhere As ONE in your department meetings, and for any all-company meetings.
- Ask a few passionate team members to share their connection to ovarian cancer.

Engage

- Create Excitement. Think about meaningful ways to recognize awesome fundraising, like the top individual fundraiser or top fundraising team. Think about company team t-shirts, a one-on-one mentoring session with a member of the executive team or even an extra day off!
- Seek out Matching Gifts. Does your company match donations or team fundraising?
- Ask your company's vendors to support your team efforts! Compile a list of all company vendors and ask them to support your team's fundraising efforts for the Together in TEAL - Everywhere As ONE.
- Talk to local businesses about sponsoring your team with a donation. Offer them space on a team t-shirt in exchange for their generosity.

THE NEED IS CRITICAL

STATISTICS

19,880
NEW CASES

The American Cancer Society estimates that there will be approximately 19,880 new cases of ovarian cancer diagnosed this year, and more than 12,810 women will die from ovarian cancer this year.



IN **78**

WOMEN WILL BE DIAGNOSED WITH OVARIAN CANCER

5

Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system.

OVARIAN CANCER

NEARLY 70%
OF WOMEN



ARE DIAGNOSED IN ADVANCED STAGES

CURRENTLY NO EARLY DETECTION TEST EXISTS

OUR WORK CHANGES LIVES



EARLY AWARENESS

Raising early awareness about the risks, signs, and symptoms of ovarian cancer and educating about the power of early detection.



QUALITY OF LIFE

Providing resources, services, and support so that women with ovarian cancer can live extraordinary lives, however they define that.



RESEARCH

Funding the most impactful research that pushes forward the study of ovarian cancer and leads to scientific breakthroughs.



COMMUNITY OUTREACH

Creating nationwide movements that activate communities across the U.S. to become involved in the battle against ovarian cancer.

OUR IMPACT SAVES LIVES



20,035 SURVIVORS IMPACTED



THROUGH SUPPORT GROUPS & EDUCATIONAL CONFERENCES

NOCC
CANCERCONNECT
COMMUNITY

3,200+ MEMBERS
ANNUALLY

FACES
OF
Hope

19,400+
SURVIVOR
CARE KITS
ACROSS **325**
FACILITIES

375,405
COMMUNITY
CONNECTIONS



2.7 MILLION +
EDUCATIONAL RESOURCES
DISTRIBUTED

14,000+ MEALS
DELIVERED

130 SURVIVORS &
CAREGIVERS

FROM 40 STATES HAVE BEEN SERVED THROUGH

Teal Comfort & Teal Comfort
for the Soul & for the Mind

2.3 MILLION +
DESIGNATED
TO RESEARCH



Where the Money Goes

\$25 could help provide ovarian cancer educational materials for over 250 families.

\$50 could help provide a Faces of Hope® tote with helpful resources and comfort items to assist those with ovarian cancer on their journey.

\$100 could help provide one week of freshly delivered meals to a Survivor in treatment and their caregiver.

\$250 could help provide reduced financial barriers for those in active treatment or maintenance therapy for ovarian cancer.

Your Fundraising Supports These Programs and Services



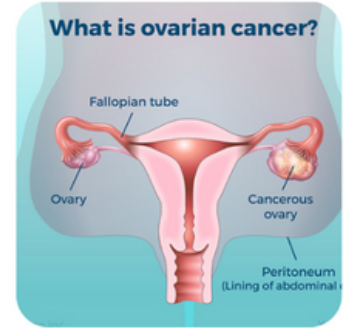
Survivor Peer to Peer Online Support Group



Caregiver Online Support Group



24/7 Online Support Forum



Virtual Ovarian Cancer Learning Series



Digital Learning Series



Meal Delivery



One-On-One Counseling



Financial Assistance

Let's Get Started

Register & Recruit

Set a goal to get as many people as you can to join in your efforts to raise awareness. Help them register online at ovarian.org.

Make A Personal Donation

Start things off by encouraging your team members to make a personal donation.

Customize Your Fundraising Page

Share a personal picture and story showcasing your motivation for raising awareness and finding a cure for ovarian cancer.

Set Goals

Set a recommended team goal of \$5,000 and encourage team members to achieve it! Talk about new and fun ways to rally together to raise funds. Each team member can also set a personal goal to reach the \$2,500 level.

Go Mobile

Download the Donor Drive-Together in TEAL App & take it to go with you on your mobile device. You can manage your team, social networks and donations all with the click of a button.

Get Social & Share Your Story

Facebook, Twitter, Instagram and LinkedIn are great places to connect. Share how you have been touched by ovarian cancer or how it has affected your life and family.

Email

Sign into your fundraising dashboard to send recruitment and fundraising emails.

Engage & Educate

Be sure your team knows where to find fundraising information and resources. Encourage them to fundraise using their online personal fundraising pages.

Build Team Spirit

In addition to encouraging your team to fundraise, think about what works best for your team to get them excited about being a part of this amazing event.

Ask For Donations

Ask in person, via text, in an email, on social media or by using your Together in TEAL fundraising dashboard and app. There are many ways to ask.

Celebrate Successes

Keep track of your team's progress and let them know how you're moving towards your goal. Spotlight your team's successes to keep them motivated and updated.

HOW TO MOTIVATE YOUR TEAM



Keep Your Team Updated

Establish the right set of communication channels for your team. Consider creating a team group text, a group email, or a group on Facebook. Introduce new team members as they join!

Milestone Reminders

Remind each team member they can get a fundraising t-shirt when they raise \$100, among other milestone rewards!

Fundraising Dashboard

Ask everyone on your team to link their Fundraising Dashboard to Facebook, and watch the donations roll in!

Coach & Motivate

Once your team members are registered, hold a safe in-person rally or host it virtually from your living room to generate excitement and educate your team on the impact they can make on so many lives!

Share Personal Stories

Personal stories from team members and yourself is a great way to bring your team closer together!

Monitor & Keep the Group Posted

Share progress toward the team and individual fundraising goals and recognize members when they achieve or move closer to their goal.

THANK & APPRECIATE

Say Thank You

Frequently show your team how grateful you are for their hard work and efforts!

Celebrate Success With The Team

Use email and social media to share success stories with your team members and pump them up to keep going.

Award Team Members For Reaching Milestones

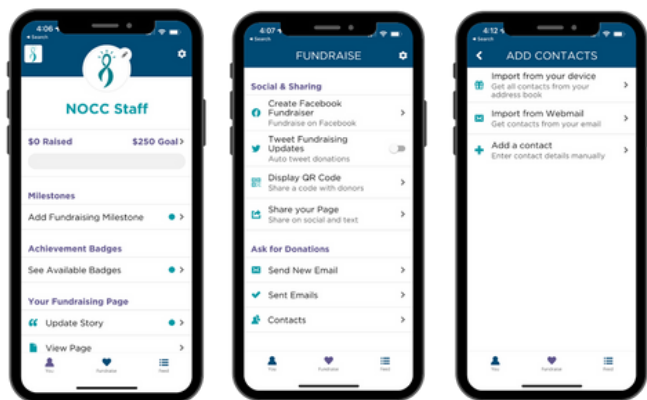
- Making a self-donation
- Personalizing their online Fundraising Center
- Getting their first donation
- Getting the largest donation to date
- Raising the most money in a week
- Sending out the most fundraising e-mails
- Accomplishing fundraising goals

GET SOCIAL



Inspire others to join you in your efforts by sharing your story on all your favorite social sites.

Make fundraising easy by sending messages through Facebook, Instagram, Twitter, and LinkedIn right from your fundraising dashboard.



Raise Funds On The Go
Download the Donor Drive-
Together in TEAL® mobile app to
help amplify your fundraising
efforts. Log in with your username
and password to easily send emails,
text messages, tweets, and
Facebook updates!

**SEARCH YOUR APP STORE
FOR DONOR DRIVE
THEN SEARCH FOR
TOGETHER IN TEAL
ENTER CODE: 2290-101-662**



Finish **78 miles** solo & **78,000 miles** together.

How do you log miles?

After registering, log in to your Together in TEAL® Participant Dashboard, click on "Activity Tracker," and add your miles! Your thermometer will store and show your miles.

Track your miles on your phone!

Download the NEW Donor Drive Mobile App for Together in TEAL® & connect the activity tracking with your device you use to track your miles.



Your Miles Matter

1 in 78 females will be diagnosed with ovarian cancer in their lifetime. The NOCC is committed to improving the quality of life and the outcomes for those affected – and **reducing the risk of ovarian cancer overall!** We challenge **YOU** to run or walk 78 miles so we can reach 78,000 miles **TOGETHER** from coast to coast.

With Every Step, you can make an impact! Sign up your friends and family to donate per mile. It is an easy and fun way to get your community involved in raising funds for the NOCC mission. Check out your dashboard and donation page to sign people up!



Register at **GIVE.OVARIAN.ORG**

FUNDRAISE YOUR WAY

CORPORATE STYLE



STEPS CHALLENGE: Ask friends, family, or different departments to “sponsor” your team by making a dollar amount donation for each step your team takes for 78 Miles for TEAL.

GOT TALENT: Have your team members show off their unique skills with an in-person or virtual talent show! Invite co-workers to tune in for a donation.

GAME NIGHT: Host a Bingo or Trivia night for your team members, friends & families. Entrance to the game is a donation.

TEACH A SKILL: Is a team member a good cook? A DIY guru? Broadcast a live class for friends, family, or your company in return for a donation.

SPREAD THE SUPPORT: Find a creative way to invite your vendors or clients to join the movement to fight ovarian cancer. Make a fun video to send out explaining why and who your company supports and why your vendors should too!

OFFICE POTLUCK: You can have each department host a lunch and bring the food. Charge each person \$5 to enjoy the food. Go Virtual with your department if you aren't in the office!

INTERNAL CHAMPION: Find someone passionate about the cause, a survivor, co-survivor or advocate, who will be able to motivate others, staff members and employees to participate and donate. A strong internal champion can make a big impact.

TEAL It Up: Have employees pay \$5 to wear a TEAL shirt and jeans on a certain day selected by your Team. You can also host a dress-down day and turn it into a week for \$20.

OFFICE INCENTIVES: Create incentives to encourage participation in a raffle. Employees can receive extra raffle tickets if they register for the Together in TEAL team. Have an appreciation lunch and raffle off gift cards and prizes to those who have really participated and fundraised.

OFFICE AUCTION: Ask local businesses to support you with in-kind gifts and host an office-wide silent auction for the items and services donated. You can put together a weekend getaway, a nice bottle of wine, and a 2-night stay at a nice hotel. Donate your talents too – baked goods, crafts, and special incentives are a great way to engage donors. Make sure you ask the executives to donate items. You can either have a table set up or email bid sheets to employees. Keep the auction going for a few weeks and see how much money you can collect for NOCC.

FUNDRAISE YOUR WAY

CORPORATE STYLE

DEPARTMENT THEME GIFT BASKETS: Have a competition between departments and have each department create its own theme for a basket. Have them put the items together that they collect. Some examples would be a coffee theme or a spa theme. Then have an auction and see which department raises the most money.

ICE CREAM SOCIAL: Get the ice cream donated! Who doesn't love a sugar rush in the afternoon? Get creative and have toppings, charge per topping, and have staff purchase sundaes.

HOT DOG DAYS: Have the company buy hot dogs and buns and then sell them for lunch. You can have a potluck for side dishes. (You can use Pizza or Sandwiches as well)

WAFFLE/PANCAKE BREAKFAST: Sell a nice hot breakfast for employees, a little waffle and syrup is a great way to start their day.

EXTRA VACATION DAY RAFFLE: Ask your Company/Boss to sell raffle tickets (suggested amount \$10 to \$20) for an extra vacation day.

OFFICE RALLY 4 QUARTERS 4 RESEARCH: Ask everyone to keep a zip lock bag on their desk and put their loose change in it throughout the week. After a certain period, collect everyone's bags. You will be surprised by how much you can raise.

HEALTHY COMPETITION: Hold an office weight loss/get in shape contest. Have an entry fee and at the end the winner takes half and the rest goes towards your team's fundraising goal.

FLOWER FRIDAYS: Find a florist to donate flowers and sell them for a couple of dollars to employees.

PARKING FOR A PURPOSE: Reserve a premiere parking spot in the company lot. Auction it off to the highest bidder



Corporate teams have the power to help the National Ovarian Cancer Coalition achieve their mission, build company spirit among team members and to encourage teamwork within your organization. Corporate Teams also bring value to your organization.

FUNDRAISE YOUR WAY

Bring in more donations and discover ways to have fun while raising awareness and dollars to support women facing ovarian cancer!



Connect

FACEBOOK: Grow your fundraising with Facebook! Create a Facebook fundraiser through your dashboard and share your story to raise money directly on Facebook to help you reach your fundraising goal!

EMAIL: Send an email to your friends, family, and co-workers to follow up with those who haven't sent in a donation.

PUBLICIZE: Share your efforts in your college alumni magazine or your office newsletter.

BREAKFAST: Buy donuts for breakfast (or get them donated) and sell them every Monday morning at work or school.

MATCHING GIFTS: Take advantage of corporate matching gift programs. Many of your donors may work for companies that have a program like this.

ONLINE AUCTION: Collect those unwanted but valuable items or get them donated and auction them on eBay, Facebook Marketplace and Poshmark. Donate the proceeds to your team.

TALENT SHOW: If you're comfortable singing, ask your community to donate \$20 with their song request for performing on social media.

WHO YOU KNOW: Contact clubs or organizations you are a member of and ask for a donation.

ASK: Contact your house of worship and request to speak on behalf of the NOCC and your fundraising efforts. You may also request to place it in the bulletin/newsletter.

DIGITEAL AUCTION: Invite your friends to bid on one of the many items on the virtual auction site.

VENDORS: Ask vendors with who you do business for a donation or a percentage of sales.

Challenge

CAREGIVER SUPPORT: Ask your doctors, nurses, or friends in the medical field to support you and your fundraising effort! The NOCC is here to support the many vital caregivers worldwide and have more information available for caregivers to practice self-care and feel informed.

WACKY CHALLENGES: Eating hot chilis, taking ice baths, getting pied in the face, and running 5 miles in a tutu are just some of the challenges we've seen teams do to raise funds. Start by brainstorming some wild challenges and creating incremental fundraising goals to match each challenge.

STEPS CHALLENGE: Challenge your friends and family to count steps towards a cure for ovarian cancer. They can donate a flat pledge or pledge per day for steps taken. Use the Together in TEAL app to track your steps.

KARAOKE CHALLENGE: Take your pick: SING OR DONATE DOUBLE! Select your favorite song, grab your hairbrush microphone, & record a lip sync on social media. Tag your friends to complete the challenge and make a donation.

HAIR SALON/BARBER SHOP: Ask your hair salon/barber shop if they will donate \$2 from each haircut over the course of a weekend to your team and support the NOCC.

CHANGE A LIFE: Put all your change in a jar and then roll the coins and use the money toward your fundraising goal.



Host

HOST A BENEFIT NIGHT AT A LOCAL RESTAURANT: Ask for a percentage of sales for one day and remember this could work for online ordering and take-out as well! Also, ask the restaurant or bar to donate a gift card and use it as a prize for a team member who gets a donation.

SILENT AUCTION: Hold a silent auction and have local businesses and restaurants donate their goods and services.

HOST A DINNER PARTY: Invite your friends and family to your home or create a virtual dinner party in exchange for donations. Make it a fun potluck and vote on the best dish.

HOST AN COOKING CLASS: Ask your friends and family to donate to attend your in-person or virtual cooking class and walk them through cooking one of your favorite dishes or desserts.

HOST A COFFEE GET-TOGETHER: Meet your neighbors for coffee! Ask your favorite coffee shop to donate the coffee and goodies if possible. Invite your neighbors and friends. Suggest a donation of \$10—or more!

HOST A TED TALK NIGHT: Have an inspirational speaker talk for what could make for an hour of inspiring conversation. Consider hosting a live stream presentation where you can have your speaker present from the friendly confines of their own home. Charge a fee (donation) to attend the talk. You can raise money and inspire others at the same time.

HOST OPEN MIC COMEDY SHOW: Have your friends and family that are really funny (*or at least THEY think they are*) present their best material! Invite folks to watch and laugh along for a donation.

HOST PAINT/CRAFT NIGHT: Host in person or live stream a guided art project. The art can even reflect the cause. Reach out to local college art departments and studios for experts and instructors.

Create

SCAVENGER HUNT: Create teams to compete in a local scavenger hunt. Ask for a donation to take part. Download the lists, and you can even create a teal list theme and email the list as the event starts.

PHOTO SESSION: Ask a local photographer to donate a photo session, or even better, take the photos yourself!

CREATE: Put together a gift basket with wine, food, or other goodies and hold a door prize drawing.

RECYCLE FOR SURVIVORS: Return bottles and cans and donate the funds.

PAINT/CRAFT: Use your talents and create some amazing art projects and sell them for fundraising donations. Share your creativity and spread joy for a good cause.

FUNDRAISE YOUR WAY

More Ideas to Share!

FACEBOOK LIVE FUNDRAISER: Go LIVE and share your story, connect with others and ask them to donate to the NOCC mission to support women around the country.

WORK DRESS UP DAY: Since everyone has been working in their sweats these days, let's get them to dress up and make a donation to your fundraiser. You could have a sports team jersey day or crazy 80's day. Have fun with it.

FAMILY FUED: Gather families in person or virtually and play this legendary TV game show. Charge the families a fee to play and then have a prize for the winning family. Maybe a restaurant gift certificate to enjoy dinner together.

TRIVIA NIGHT: Test your general knowledge by hosting an in-person or virtual trivia night! You could download a set of trivia questions from the internet, use an app with trivia games built-in (like House party), or create your own personalized trivia questions! Set a time and date, promote your event online, and charge a participation fee.

GARAGE SALE: Clean out your closets and garage and hold a garage sale. Try it virtually and post your items to one of the online sites and apply your sales to your fundraising goal.

BINGO NIGHT: Host an in-person or virtual bingo night to raise funds for a great cause! Sell tickets and encourage participants to bring along their entire households by offering group discounts.

MOVIE/TV MARATHON: Host a movie or TV series marathon. Choose a theme (Hitchcock, I Love Lucy, Gilligan's Island) and start making the popcorn! Ask for donations to attend this in-person or virtual event and then provide a [Zoom link](#) or use a browser extension like [Netflix Party](#) so you can all watch together. Enhance the theme with a suggested \$1 donation every time a specific word or phrase is spoken, or every time Hitchcock himself appears.

TALENT SHOW: Host a talent night where members of your team can showcase their talents. You could sing, play an instrument, read poetry, tell jokes, or perform any other talents you might have! Promote the event to your friends and family and ask them to donate to your team if they enjoyed the show.

COSTUME PARTY: See who can create the most extravagant outfit from the things they have at home. Host a party in-person or jump on a video call to show off your creations and vote on who is best dressed! Offer prizes for the winning look and charge a participation fee.

FITNESS CLASS: Many fitness centers and personal trainers are running classes or creating workout videos to help us stay strong and active. To create a fundraiser, you could team up with a fitness instructor and host a class. Charge a fee for participation or encourage attendees to make a donation.

ONLINE GIFT CARD AUCTION: Use a gift card or get one donated and auction them off. This is an event that can be managed ALL online and keeping it to gift cards means that you can send prizes to winning bidders all over the country.

VIRTUAL RAFFLE: Here's how it works: Set up a custom donation page for the raffle campaign. For every \$1, \$5, or \$10 someone donates (or whatever increment you'd like to use), the individual receives an entry into the raffle drawing, just like a standard raffle fundraiser.



BE A \$500 FUNDRAISING HERO

Why is fundraising so important?

Dollars raised for the NOCC support national programs and local chapter initiatives to heighten awareness of the subtle signs and symptoms of ovarian cancer, assist newly-diagnosed patients throughout the country, provide ongoing support to caregivers, and advocate for the advancement of ovarian cancer research.

Raise \$250 for a chance to win!



Individual participants will automatically receive one entry for two round-trip Southwest Airlines tickets for every \$250 raised. Raise \$1,000 and receive four entries! A live drawing for winners will be held on November 3, 2023

There is no limit on how many entries!

2023 Together in TEAL Rewards program



Earn rewards for every dollar you raise!

Hit the \$500 level and you can order a hat of your choice. **Together in TEAL®**



How to Raise \$500 in 10 Days

DAY 1

Make a \$20 personal donation. Show your commitment to fighting ovarian cancer and be a leading example to others!

DAY 2

Ask two family members to donate \$20 each. You may be surprised how willing your loved ones are to support you!

DAY 3

Ask four close friends to donate \$25 each. Share your story with all your friends to promote awareness for ovarian cancer!

DAY 4

Ask five coworkers to donate \$20 each.

DAY 5

Create a Facebook fundraiser from your personal fundraising dashboard and invite 10 friends to contribute \$5 each.

DAY 6

Gather \$20 in donations from five people in your favorite group or place of worship.

DAY 7

Ask your employer for a \$20 donation towards your fundraising goal. Your company may also match your fundraising efforts fully!

DAY 8

Invite five businesses you visit frequently (e.g., hairstylist, dentist, doctor, grocery store) to donate \$10 each.

DAY 9

Sell an unneeded household item or host a small fundraiser to raise your final \$20!

DAY 10

Celebrate your success and share on social media.

2023 Together in Teal Rewards

We appreciate your commitment to helping the National Ovarian Cancer Coalition – through fundraisers, emails, social media, and asking everyone you know for donations. Individuals can earn Together in TEAL Gear and receive a redemption certificate via email on Friday, November 3, 2023. Because of you, we can continue to fund our mission and support families across the country.

\$250



Deluxe Headband



Outdoor Magnet

\$500



Knit Hat



Pom-Pom Hat



Garment Washed Hat

\$1,000



Long Sleeve Tee



Double Pocket Belt Bag



Tie Dye T-shirt

The Together in TEAL Rewards program is our way of thanking you for your dedication and passion. You'll earn rewards for every dollar raised; everyone will receive a **2023 Together in TEAL** T-shirt when they raise \$100.

\$2,500



¼ Zip Fleece



Square Backpack



Light Weight Hoodie

\$5,000



Packable Puffy Jacket



Camp Chair



Packable Puffy Vest

\$10,000

Thank you for your dedication to the National Ovarian Cancer Coalition and for reaching the highest level of contribution! We appreciate YOU! To show our appreciation for all your fundraising efforts, please select (2) items from any level. You should have received an email with 1 certificate number. Please visit the tables of the other levels to make your selections and proceed to check out.

For assistance please email support@ovarian.org

Reward emails will be distributed on Friday, November 3, 2023 after fundraising closes on October 31, 2023. The post-event email will contain a redemption link and further instructions. All individual participants are eligible to redeem ONE prize from their qualifying level, with the exception of \$10,000. If you are a team member you need the dollars raised under your name to receive a redemption certificate. The Together in TEAL t-shirt will be awarded and distributed by your local market event to anyone who raises \$100. We strive to offer products that will be available long term but cannot always guarantee the duration of availability. Please reach out to support@ovarian.org for further questions.

Thank You

October 15, 2023

City Park

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NATIONAL PARTNERS



Stay connected:



[GIVE.OVARIAN.ORG](https://www.give.ovarian.org)