



CORPORATE TOOLKIT

Welcome to our growing community of Corporate Teams,
you're doing something amazing!



Arnold Clark



bulletexpress
Est 1990



PRIMARK®



ODEON



BAE SYSTEMS



Ryden





RECONNECT YOUR TEAM

Kiltwalk offers the perfect solution to connect you and your colleagues.

It can help bring the whole team together and feel part of something larger than the office or home office.

It is also great fun, good for your mental health and can make a difference to a charity you care about – what more do you need. Do good, feel good!

HEALTH BENEFITS OF *WALKING DAILY*



Helps in
weight loss

Increases
lung capacity



Improves
heart health

Sugar cravings
are **lowered**



Reduces
chronic diseases

Improves
mood



Prevents
cancer

Prevents
disability in old age



Delays
ageing

Improves
varicose veins



Lowers blood
pressure

Boosts
immunity



Reduces stroke
risk in women

Speeds up
digestion



Decreases
diabetes risk

Reduces
dementia risk





CHOOSING A CHALLENGE!

You can choose one of three distances

You have the freedom to take on any challenge you wish. All we ask is that you share pictures and videos on social media and tag us in – we love seeing our corporate teams out in force.



@thekiltwalk



@thekiltwalk



@thekiltwalk



@kiltwalk

THE **Mighty**
Stride



22 miles approx*

Entry £20

THE **Big**
Stroll



12 miles approx*

Entry £20

THE **Wee**
Wander



3 / 4 Miles approx*

Entry £12.50 adult /
£6.50 child

PARTICIPANT JOURNEY

01

Sign up
at
www.thekiltwalk.co.uk

02

Activate your
JustGiving™
fundraising page and
start training

03

Complete your
challenge, share your
success on social
media, get the
bragging rights & your
Kiltwalk medal

04

REMEMBER!
Send funds to your
charity by the
fundraising deadline,



ASSEMBLE YOUR TEAM IN 3 SIMPLE STEPS!



STEP 1

CREATE YOUR TEAM & INVITE COLLEAGUES

- Get your Team Captain to register for the event via www.thekiltwalk.co.uk
- At the 'are you part of A TEAM' section, answer yes
- Input a unique team name for your company

STEP 2

SET UP YOUR ONLINE FUNDRAISING PAGE

- A Just Giving Fundraising page link will be in your registration confirmation email. Click on this and set up your own personal page
- From this, you can then create a Team page on Just Giving
- Once Team page is created, send a link to it onto to colleagues for them to join
- The Team Page will show the running total of all team members fundraising

STEP 3

GET EVENT READY!

- Start training and fundraising!
- Remember to share your progress by tagging @thekiltwalk in on LinkedIn, Facebook, Twitter & Instagram

TOP TIPS ON HOW TO BUILD YOUR TEAM

(Get the whole organisation involved!)

01

Nominate & grow your team –
Nominate 5 colleagues to join you!

02

Make it competitive – challenge another department or office to beat the miles you cover or the amount you raise!

03

Get Social – Share posts on any internal or public social media your company uses. You're doing something great, why not let everyone know!

Hint: This pack contains some social tiles and photography you can use. Remember to tag in the Kiltwalk so we can like & share

04

Consider buying promo codes – The Kiltwalk can provide you with discount codes to help encourage people to sign up. Perhaps your organisation wants to offer free places to the first 100 people who sign up!

Hint: You can order these online [here](#)

05

Email Colleagues – Send an email to colleagues & share details on how to get involved

06

Set up a WhatsApp or Facebook Group – log your training miles covered and share how each of you are getting on. Build that feeling of being a team.

Included in your Corporate Toolkit

[Click here to access artwork and logos](#)

Social tiles



Logos



Photography





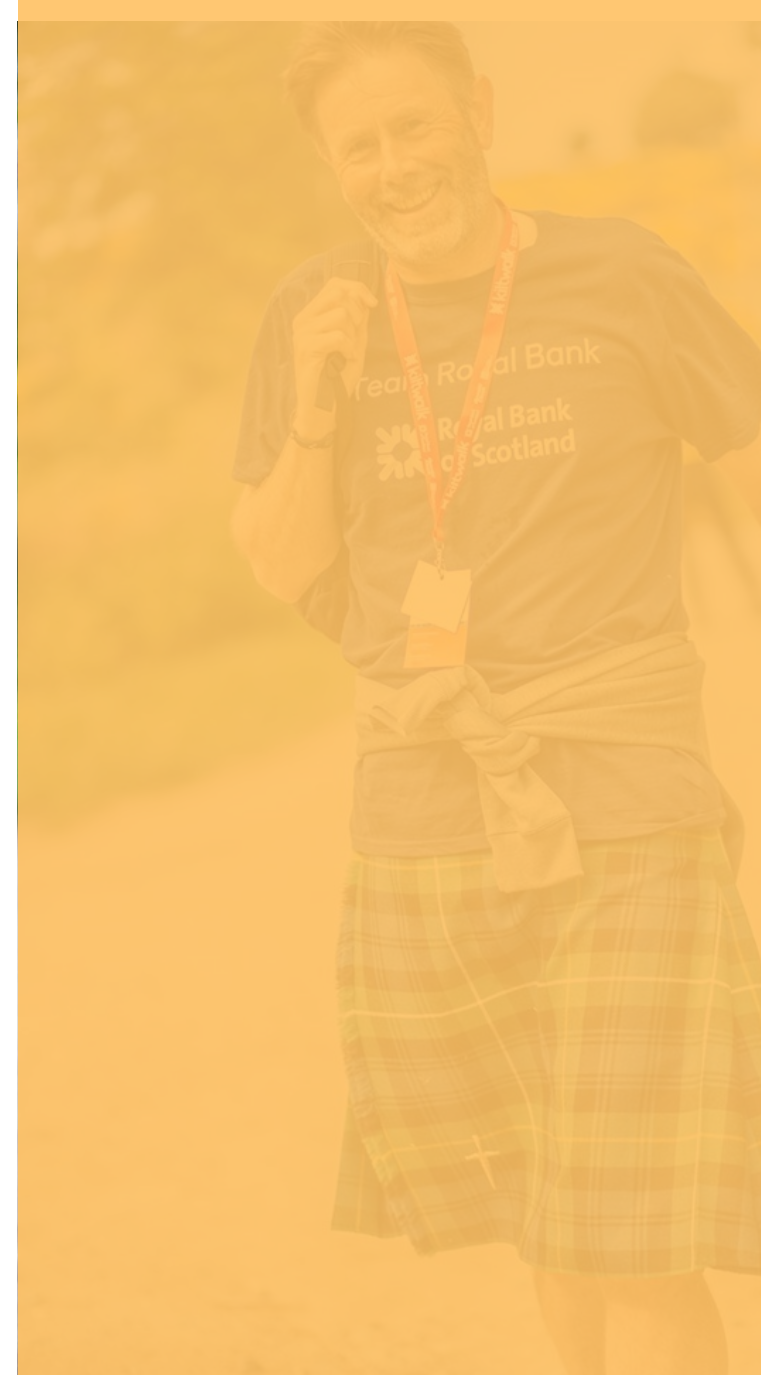
PROMO CODES – DRIVE THE ENGAGEMENT

Incentive your team with reduced or free entry – it's up to you what discount you offer!

Order a unique promo code for your organisation online and receive an invoice payable in 30 days

Top Tip – Promote first and order in small batches

You can order these online [here](#)





ANY QUESTIONS?

contactus@thekiltwalk.co.uk