



STAFF ROADSHOWS

Interactive experience for employees to learn about being active and take part in a range of fun challenges

MSP can come to your place of work and deliver interactive roadshows to engage with employees during the working day or as part of a health and wellbeing event.

Much more than just an information stand, you can choose from a wide range of challenges and fun activities that staff can take part in - all of which take just a couple of minutes and can be done without the need to change clothes.

Options for interactive challenges include:

- Cycling challenge (with stationary bikes)
- Mini tournaments in badminton, golf, table tennis, tennis or volleyball
- Plank challenge
- Skipping challenge
- Hoola Hoop challenge

EMPLOYER BENEFITS

- ✓ Provides a focal point to encourage staff to be more active
- ✓ Enables all of your site workforce to engage with an intervention
- ✓ Can be set up anywhere with a high footfall in your workplace (e.g. staff canteen or a busy corridor)
- ✓ MSP also provide an event risk assessment and insurance

“MSP provided a Staff Roadshow for our Health & Wellbeing Day - they were invaluable with their contribution, encouraging staff to take part in activities and keeping everyone interested. We will definitely be asking them to support us with future events!”

*Alison Carroll, OD & People Development Facilitator
at Liverpool Women's NHS Foundation Trust*

As part of the Staff Roadshow we also provide employees with information and resources about how they can be active at work and within their local community. It also provides employees with an opportunity to ask any questions that they may have about being more active.

EMPLOYEE BENEFITS

- ✓ Can join in with a fun, interactive and competitive challenge - improves morale
- ✓ Simple to join in with - activities are suitable for people of any age or ability level, and don't need a change of clothes to participate
- ✓ Prizes to be won for participation
- ✓ Opportunity to ask questions e.g. “Where can I find an activity near where I live?”

“I really enjoyed the skipping challenge - it made me think about how I can incorporate it in to my break times instead of being sat down all day.”

Employee at National Museums Liverpool

COSTS

Being onsite and delivering a half day (less than three hours) Staff Roadshow costs from £249, which includes:

- ✓ a choice of up to two interactive challenges
- ✓ prizes and incentives for participation
- ✓ bespoke information leaflets
- ✓ staffed by MSP and able to provide information for staff about being active

Staff Roadshows can also be delivered at our full day (more than three hours) rate from £349.

FIND OUT MORE

Contact MSP's Active Workplaces team on 0151 728 1811 or email activeworkplaces@merseysidesport.com