

HOW TO ASK FOR DONATIONS



MOVING THIS MOVEMBER, BUT STUMPED ON HOW TO ASK FOR DONATIONS?

We've got you covered.

This quick guide will help you spend less time sweating the small stuff, and more time sweating for men's health.



01 EXPLAIN YOUR MOVE PLEDGE

It's as simple as saying:

"I'm running 60 kms this Movember for the 60 men we lose every hour to suicide."

02 ASK FOR A DONATION

Choose the phrase that fits your motivation:

"Donate to help me change this number."

"Donate in honour of the men who should still be here today."

"Back me, and we can stop men dying too young."

03 TELL THEM HOW

You've got two options:

"Visit my Mo Space page, the link is..."

"Make a cash donation. I'm transferring/sending my total to the Movember Foundation at the end of the month..."



You don't have to grow to save a Bro.

Need support? Get in touch at movember.com and we'll give you a hand.