



2020 Virtual Corporate Cup Challenge

October 17-31, 2020

Office Olympics

Due to COVID-19, the 2020 Working Well Corporate Cup Challenge is going virtual this year and that includes the Office Olympics. We are very excited this year because you get to design your own Office Olympics, record it via video (phone is probably the easiest) submit it to Working Well and the community will vote on the winner!

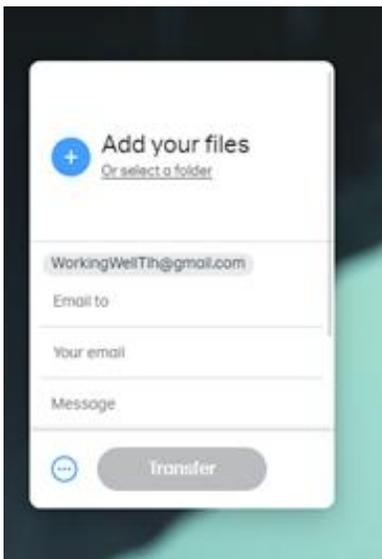
DESCRIPTION

Even if you are working remotely, you and your team member can create a challenge that allows you to use things from your home office.....how many times can you shoot a wadded up paper in a garbage in 30 seconds? How many dips can you do off the side of your chair in 30 seconds? How many times can you bounce a wad of paper up in the air off a clip board in 30 seconds?

Since our community is voting for the winner, we think they will enjoy being entertained, so the funnier the better. Feel free to include an introduction and closing and/or any comments about what you are doing. Maybe that includes some bloopers? Dressing up in a costume since the CCC ends on Halloween? Your imagination for your video is your only limitation!

DOCUMENTATION OF PARTICIPATION

Tap into your creative side and create a video! Submit the video to Working Well via [WeTransfer.com](https://www.wetransfer.com). Our email address is WorkingWellTlh@gmail.com.



Don't forget to keep it social and share your experience on Facebook or Instagram! Use **#CorporateCupChallenge**, **#CCCOlympics** and tag Working Well!

HERE'S HOW IT WORKS!

1. Teams will consist of two people.
2. Your challenge must include 3 mini challenges that reflect silly things that can be done in an office or related to work.
3. You will film a video of two minutes or less for the Office Olympic Challenge that you create. It can include an opening and closing or just the 3 activities! Your team makes those decisions!
4. Feel free to get ideas and help from co-workers, family members and/or friends in the creation and videoing of your Office Olympics Challenge.
5. If you are working from the office and can do it together there, great!
6. If you are working remotely and need to video what you are doing separately and put them together, that is fine, too. Or do it together in a virtual format like Zoom.
7. All videos must be submitted no later than October 14th, so there is time to get the posted on the website and Social Media outlets when the Virtual Corporate Cup Challenge starts on October 17th.
8. From October 17 – October 31st, the videos will be posted on the Working Well website and Social Media outlets. We will ask the community to vote for their favorite video during those two weeks. We encourage you to share your videos on your personal and work websites and Social Media outlets and share it with families and friends to get their votes. Be shameless about how you get your votes!