

Tips to Plan For Your Meetings



POWERED BY THE EVERYLIFE FOUNDATION

READY

Do Your Research

Get to know your legislators by visiting their websites and social media channels to learn:

- What issues are important to them
- What bills they have introduced
- Committees they participate on
- Issues that are important to them

Know Your Ask

Be clear about what you want your legislators to do.

- Know what ask you want to make of your Representative and Senators during your meetings
- Be specific with your ask so they are more likely to do it. Tell them the bill name and if you want them to be a cosponsor (supporter) of it

SET

Craft Your Pitch

Break your message into three parts that are easy to share and remember.



Problem



Solution



Ask

GO

What to do

- Include the Problem, Solution and Ask
- Be yourself!

- Share your story and what it's like to live with a rare disease
- Know what you want to say and practice, but don't memorize

Meeting
Virtually?

Remember
These Tips!

1. Test Your Tech

Check your internet connectivity, and confirm that your camera and microphone are working

2. Set the Scene

Find a room with optimal lighting and eliminate all distractions

3. Make a Plan

Plan what you want to say and stay on track.

