

Advocacy: Tips for Your Meeting!

Don't know what to do in a Congressional meeting? Don't worry! Below are some tips and tricks to make sure you advocate effectively!

1

Be cognizant of your Zoom background. It's best to have it blurred or have an image backdrop.

2

Keep track of time. Watch the clock or keep a timer to be respectful of the staffer's time.

3

Consider making a "cheat sheet" of talking points that you can refer back to in your meeting.

4

Take a break if you need. It's totally ok to pause, take a drink of water, or take a minute to catch your breath!

5

Ask for the staffer's contact information, as well as when and how to follow up!

