

Got an opportunity to share your story?

Here are reminders on how to prepare!

PRACTICE!

- It's one of the most important things for a good delivery
- Especially if you are nervous!
- Practice until you are comfortable, and then try different likely scenarios
 - Try a few unlikely ones!
 - Practice in the mirror
 - Practice with a friend
- Go to the building prior to lobbying at least once
- Learn the security procedure, where the bathrooms are, how to find an office based on the floor and office numbers
- You will get better and you will feel more comfortable

Be Adaptable!

Know what to do in different situations

- Federal
- State
- Local

Be Brief

- Be able to share in a minute, 5 minutes, 10 minute

Be current

- Learn about legislation
- Talk to other people in your network
- Read up on the news that morning