

## What to Expect in a Meeting with a Policymaker

1. Introductions
  - a. State your name, the city and state that you live in, and why you are here today (ex: as part of Fight Colorectal Cancer's annual lobby day). Be sure to point out if you are a constituent! This can be a great way to connect with the member and/or their staff!
  - b. Thank them for taking the time to meet with you
2. Briefly share your story
  - a. This is a great place to use the 3-10-30 storytelling method to tell the member a bit about your colorectal cancer experience
  - b. This also allows the member and/or staffer to ask questions
3. Present policy priorities
  - a. Decide in advance who is going to present which policy and whose story connects to which asks best. Sometimes, not everyone will speak in a meeting!
  - b. Play to your strengths - if you know a bit about the member, their committees, interests, or personal life be sure to incorporate that.
  - c. Try to keep your description of the policy ask to 3-4 key points. Don't be afraid to bring notes that you can read from - you don't need to memorize everything!
4. Discussion
  - a. In most meetings, the member/staffer will ask questions
  - b. It is totally ok to say you don't know. Just let them know that you will follow up with the Fight CRC team and get back to them with an answer.
5. Ask if you can count on their support
  - a. Don't leave without knowing where the member stands on our issues
  - b. If they say they need time to review our requests, ask when you can follow up!
6. Goodbyes and thank yous
  - a. Thank them for their time
  - b. Let them know you will follow up and be sure to get the staffer's email
  - c. Ask if you can take a #StrongArmSelfie!