

Tips for Effective and Engaging Legislative Visits

Effective and engaging legislative visits are conversations- but they happen in a very limited time frame. *Each meeting will take place in 15 minutes.* In that time you want to communicate your most important points/stories, make an ask of the legislator and listen and record their response. Here are some tips:

Be Prepared

- Read through the talking points that VICPP will send out for your meeting. Make sure you feel comfortable talking about the issues.
- Pivoting is important. If a conversation is being derailed, pivot back to the main points of your meeting.
- Prepare to make an ask- will they support/copatron any of the bills you discussed?
- Prepare to follow up. Take notes that can be passed on to the VICPP team (your meeting leader will have a note-taking sheet for this purpose)

Be Principled:

- Use people-first/asset-based language and lens- [CLICK](#) for more info
- Weight impacted persons' experiences with the same importance as learned expertise on the issue
- Legislative meetings are not [zero-sum](#) games- there is no winner or loser! Affirmation and respect for all involved is key

Be Communicative:

- Step-up/ step back- [CLICK](#) for more info
- Prioritize story-telling over listing facts and figures (but make sure the stories are short and sweet!)
- Listen to the legislators/legislative staff but don't let them control the time