

steps for meeting your Member of Parliament (MP)

before the meeting

1. **Advocate on the issue.** Familiarize yourself with our current **campaign** and reach out to action@resultscanada.ca to find information as well as support in getting ready.
2. **Do your research** to find out what issues your MP cares about. You can find this info on openparliament.ca as well as on your MP's website and social media.
3. **Prepare an agenda** and agree on **roles** (who will say what, take notes, keep time, etc.) Don't forget to confirm with the staffer the length of your meeting as you confirm details!
4. **Practice.** Create a concise 2-3 minute elevator pitch to quickly, but powerfully, introduce the issue so that you can leave the remaining time for questions and discussion. Don't be afraid to show your passion! Consult our **laser** talk guidelines.
5. **Know both sides** of the issue. There may be coherent arguments against your ask so be prepared to counter any opposition. Whenever possible link your domestic local experience to the international experience.
6. **Get your materials.** Consult the relevant Results MP **leave behind** to help summarize your key points, a reminder of your request, and any additional materials that your MP might find useful.

during the meeting

7. Start by **thanking your MP** for supportive actions they have taken in the past or simply for making the time to meet with you.
8. **Introduce yourself and share your story** – why does this issue matter to you? Make it personal and explain why you care.
9. **Use the EPIC** model to communicate your message powerfully.
10. **Make the issues real.** Accompany facts and statistics with a story or case study to get your MP emotionally involved.
11. **Don't make up things you don't know.** It's ok if you don't have the answer to everything. Acknowledge that and promise to follow up via email with more details.

12. **Make clear requests** when asking your MP to act on your behalf and ask for a response/follow-up.
13. **Take a photo (or a screen shot).** Ask to take a photo with your MP – validate that it can be shared on social media and that they can be tagged on the photo.

after the meeting

14. **Share the photo** on social media by tagging your MP and Results Canada and thank them for their time. Use the hashtag #Canada4Results. If you prefer, send it to action@resultscanada.ca and we'll get a tweet out as soon as possible.
15. **Report your meeting** to help the Results Canada office's wider efforts to do strategic advocacy work. Track your MP meeting on our [website](#).
16. **Send a 'thank you'.** If you promised to provide additional information, include it in your message. Send them a link to the tweet you posted after your meeting thanking them.
17. **Follow up.** If your MP committed to do something, follow up a few weeks after if you haven't yet had a response.
18. **Continue to engage via email, social media and other opportunities.** MPs love to hear from their constituents. Polite, respectful but firm persistence is key!
19. **Congratulate yourself.** You had your first ever MP meeting or have continued to establish your relationship with your MP.