

# 10 TIPS for Effective Advocacy

## QUESTIONS TO PRACTICE IMPLEMENTING NEW SKILLS

**1 BELIEVE IN YOURSELF** Your needs are important and should be valued. Starting your journey as an advocate may begin with increasing your self-esteem.

What are your existing strengths? What areas of your self-esteem could use extra attention?

**2 DECIDE WHAT YOU WANT** Successful planning to achieve desired outcomes starts with deciding exactly what you need.

What is one area of life you'd like to create a change?

Who is on your advocacy support team? Identify those on your team and the role they play.

**3 GATHER SUPPORT** Build a team of people who understand your perspective and will be there to complement your strengths and weaknesses.

**4 KNOW YOUR RIGHTS** Know what you are entitled to by law in your country, state/region or local area.

**5 GET THE FACTS** Do your research to learn about the different factors involved when you are asking for something.

Referring back to your answer to question 2, what laws or facts do you need to learn more about to get closer to reaching your goal?

**6 PLANNING STRATEGY** Incorporate what you've learned to create an action plan that provides the best opportunity for you to successfully achieve your goal.

**7 TARGET EFFORTS** Be diligent in finding and connecting with the person who has the greatest ability to assist you with your needs.

**8 EXPRESS YOURSELF CLEARLY** Practice being concise and know the most impactful part of your story when communicating your needs to others.

Imagine you're on an elevator with someone and you have 30 seconds to tell them your story. What thoughts would you share to capture their attention, communicate your needs and inspire them to partner with your cause?

**9 ASSERT YOURSELF CLEARLY** Express your needs in a way that fosters respect and remember that being assertive is not being aggressive.

**10 BE FIRM AND PERSISTENT** Remain focused and determined on what it is you want. Don't give up!

Think of a time/experience where you have been a strong advocate for a cause. Think of a time/experience where you could have reacted differently to be a better advocate.

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