

Connecting with your candidates

Find your candidates

[Link to find your local riding](#)

If you need any help identifying your candidates and how to contact them, please contact Jordan Boswell at CHC.

Meet with your candidate(s)

Why should you meet with your candidate(s)?

- To tell your story and help them understand the impact of the issue on real people in their riding.
- To build a relationship with your potential future MP and make them a champion of your issues in Ottawa.

How do you get a meeting with your candidate(s)?

- Phone your local candidates' campaign offices and request a meeting. Tell them who you are, describe what you want to talk to them about in once sentence and say it is an important issue to people in this riding.
- Make sure you say that you are a voter in their riding, as it increases your chances of getting a meeting.
- Be persistent. Your voice is important and needs to be heard, so if you don't hear back, keep trying. It may take a while. *Be friendly but firm.*
- If you can't get a meeting with the candidate, but are offered one with a member of the campaign team, take it. The campaign team can shape policy and action. It is also important to build relationships with these campaign team members.
- Remember that meetings by phone are still helpful if a face-to-face meeting is not an option.

You have a meeting. Now what?

Before the meeting:

[Contact Jordan](#) (CHC Policy Manager), who will help you through the process, via email or at 613-226-4880 ext. 209.

- **Know your candidate(s).** Learn about them from their website, Facebook page and Twitter feed. A small talk can help build rapport.
- **Know the issue, and know what you want to talk about.** Do your research. Jordan can help with this.
- **Know your story.** Know how it impacts you, your family and your community.
- **Know your ask.** Having a suggested action is key. Tell the candidate what you want them to do.
- **Know the benefit to the candidate.** Show the candidate(s) how this will positively impact people in his or her riding.
- **Practice.** You might only have 10 minutes, so practicing will help you use your time wisely.

- Print and bring supporting materials to leave behind. Jordan can help with this.
- If you can, find and go with one or two others who are experiencing the same issue. There is power in numbers.

During the meeting

- Be friendly but firm. Do not make demands, as that will create resistance. Work on building rapport, and building a relationship.
- Stay on topic. Don't get too sidetracked with topics other than what you're there to discuss.
- Don't overstay your welcome. Respect that the candidate(s) is busy.
- Thank them for their time and for their service to Canada.

After the meeting

- Follow up with a thank-you email or letter.
- Connect with Jordan to discuss how it went.
- Follow up and make plans for a follow-up meeting, or a written statement.