



Colorado Consumer Health Initiative

Lobbying 101

In order for you to get the most out of lobbying sessions, CCHI has prepared these lobbying tips to help you along the way!

Tips for a Successful Lobby Visit

- Develop your three talking points
- Tell them you are one of their constituents and lobby with other advocates – like neighbors!
- Be early and prepared to jump right into a quick conversation once the legislator comes off the floor
- Personalize the issue if you have a story that fits
- Listen to arguments made by your legislator
- Try to match your concerns with their arguments
- If you're unsure how to answer, say so, but offer to follow up with your answer
- End with a recap and talk about what you know
- Be Yourself!

If you don't get to talk to your legislator, you can leave a note stating your views with their aide!

Do's and Don'ts

DO:

- Introduce yourself
- Stick to the subject at hand
- Be honest, cordial, and appreciative
- Follow up after the meeting (call or write)
- Have fun!

DON'T:

- Be angry or hostile
- Lose credibility
- Threaten your elected official
- Be afraid to be assertive
- Bring too many/unnecessary materials

Legislative Schedule

The House and Senate meet every day in the morning and then break off into committees in the morning and afternoon. If you are heading to the Capitol to speak with a legislator or testify, check out the floor and committee schedules beforehand!

- Full Schedule – shows when both chambers meet as a whole and the time and location of committees: <http://leg.colorado.gov/session-schedule>
- You're more likely to catch a legislator when they're on the floor – meaning during the meeting with the chamber as a whole.
 - Bring a business card or a small piece of paper with you to write a short note about what you'd like to talk to the legislator about. You'll pass this paper to the guard on duty and he will try to retrieve the legislator to come speak with you.
- On the same web page, you can find that day's House and Senate schedules, which list the bills being heard in each committee, if you'd like to hear the discussion or tell your story.

Getting in Touch with CCHI

We are happy to help you through the process of testifying or lobbying if you want to get involved! Contact us at **303.839.1261** or at <http://www.cohealthinitiative.org/tell-us-your-story>.