Pulling Off Effective Congressional Meetings
March 11th, 2024
Welcome!
Our Anti-Oppression Values

RESULTS is a movement of passionate, committed everyday people. Together we use our voices to influence political decisions that will bring an end to poverty. Poverty cannot end as long as oppression exists. We commit to opposing all forms of oppression, including ableism, ageism, biphobia, classism, colonialism, homophobia, racism, religious discrimination, sexism, transphobia, white saviorism, and xenophobia.

At RESULTS we pledge to create space for all voices, including those of us who are currently experiencing poverty. We will address oppressive behavior in our interactions, families, communities, work, and world. Our strength is rooted in our diversity of experiences, not in our assumptions.

With unearned privilege comes the responsibility to act so the burden to educate and change doesn’t fall solely on those experiencing oppression. When we miss the mark on our values, we will acknowledge our mistake, seek forgiveness, learn, and work together as a community to pursue equity.

There are no saviors — only partners, advocates, and allies. We agree to help make the RESULTS movement a respectful, inclusive space.

Find all our anti-oppression resources at https://results.org/volunteers/anti-oppression/
Welcome! Please place your name, pronouns, and where you are located in the chat.
Review Objectives

1. Support groups to schedule, plan, hold effective congressional meetings

2. Share and troubleshoot live cases of people having congressional meetings
Before the meeting!

Start with our Checklist:

• Check best meeting times with your group
• Make meeting request with the scheduler & follow up
• Prepare for the meeting:
  ○ Research the member of Congress
  ○ Get lobby prep. support
  ○ Prepare your agenda
Key Practices: Scheduling

• Use our sample meeting request: Working with Congress
• Find scheduler on Leg. Look up, website, or by calling
• Know the formulas:
  • House: firstname.lastname@mail.house.gov
  • Senate: firstname_lastname@Senatorlastname.senate.gov
• Follow up in couple of days
Key Practices: Researching

Researching: Know member personally, professionally

- Newsletter, website
- Follow social media
- Check local news
- Check Congress.gov for bills
- RESULTS Scorecard & Leg. Look up
- Watch 2024 webinar on Researching Your MoC
- Vote Smart, League of Women Voters
Key Practices: Preparing

• Contact Katie Fleischer to schedule lobby prep. time that works for your group: kfleischer@results.org

• Invite people to participate in planning call and meeting: warm leads, friends, colleagues, partner orgs.

• Use RESULTS Lobby Planning form (see Working with Congress) or Lobby Planning Spreadsheet.
Key Practices: Preparing

Preparing: Think about building leadership

• Share the roles—give people an opportunity to quickly introduce, see who would like to talk about an issue, tell a story, make a request.

• Make sure there is someone in charge of facilitating the meeting—they are the meeting manager.

• Don’t try to cover too many topics: 2-3 is good.
Key Practices: Preparing

Logistics

• Make sure everyone knows how & when you will meet: send a calendar invitation
• Gather media, letters, leave behinds in advance
• Have your team show up a bit early
During your meetings

• See how much time you have for your meeting
• Make a personal connect by asking the member and staff to tell you something about themselves
• Follow your agenda, bring things back if they stray
• Get a record of your meeting with a photo
• Debrief with the group
After the meeting!

• Send summary of discussion and requests to everyone
• Do your lobby report
• Follow up on requests until you get yes or no response.
• Consider sending additional resources, articles, research, media with your follow up requests that will further shed light on the issues
Resources to assist you

• Lobbying How Tos
• Meeting with Your Member of Congress.
• 2024 Sample meeting request
• 2024 Check list
• Lobby Meeting Planning Form or Lobby Planning Spreadsheet
• Lobbying Quick Links
• Lobby Leave Behinds
Any initial reactions?
Why is this Campaign important?
Breakout Rooms!

Directions:

• Give each person 2 minutes to share

• **Your Prompt:** Where are you at in your lobby meeting prep process?

• **Bring back with you:** Remind one another to bring their questions ready for the final discussion of this webinar
Discussion

• How were your breakout rooms?

• What questions do you have for staff
Resources to assist you

• Lobbying How Tos

• Meeting with Your Member of Congress.

• 2024 Sample meeting request

• 2024 Check list

• Lobby Meeting Planning Form or Lobby Planning Spreadsheet

• Lobbying Quick Links

• Lobby Leave Behinds
Special Mentions for Resources

Don’t forget to check our Allison Gallaher’s (OH) recent Researching Your Members of Congress training!

- [View here](#) to watch the recording

Review Beth Wilson (WA) short video on best practices for successful lobby planning

- [View here](#) to watch Beth’s video