

Mentorship Toolkit: Practice Your Pitch for Success!

This toolkit provides resources to assist **mentees and mentors** in making the most of the mentoring relationship.

Together you can **work one-on-one** to prepare for your virtual Hill Day meetings:

- **Mentees** can use this worksheet to practice your pitch to legislators. (Page 2-3)
- **Mentors** can use this worksheet to guide your thoughts and give productive feedback. (Page 4)

Check out our other toolkits:

- Share Your SCD Story with Legislators
- How To Meet With Your Legislator (Virtually)



Practice makes perfect!
Writing can help elevate confidence as well as ensure your VOICE is heard.

Remember: Your pitch should be short. Try to stay around 60-90 seconds. Most importantly, include a call to action for the legislator or staff member.

Practice writing out your pitch below:

[Large empty box for writing the pitch]

EXTRA TIPS

Break-up the Pitch

- FIND THE PROBLEM
- SUGGEST A SOLUTION
- BE CLEAR IN YOUR ASK



Mind Your Ps, Be:

- PUNCTUAL
- PROFESSIONAL
- PATIENT
- PREPARED
- PERSONAL



While legislators have staffers to help them learn about issues, they rely on constituents for information.

That means YOU!

Hello _____ ,
name of legislator or staffer

My name is _____ and I am a resident of
your name

_____. I'd like to use our time today to discuss
name of country/state

_____.
topic/specific ask

I am advocating for this because _____
discuss current issue or problem

_____. An example of this is _____
share a personal story

_____.



I hope you will consider _____
topic/specific ask

because it could mean _____
describe the benefit

_____.

I sincerely appreciate your time and attention, and am happy to answer any questions you might have.



Write Your Feedback and
Notes for the Mentee:

A large, empty white rectangular box with a black border, intended for writing feedback and notes.

Questions to Consider:

- How did the pitch feel? Compelling? Strong?
- Did they include an introduction?
- Did they keep it brief?
- Did they speak clearly?
- Did they repeat themselves?
- Did they use filler words such as "you know," "um," or "like"?
- Did they include a call to action?
- Did they thank the legislator and staff?
- What did they do well?