

# Finding Your Voice: Advocacy Communication Examples

There are times when we find ourselves in conversations or meetings where we're not sure what to say or how to respond. Whether you are feeling unsure or overwhelmed, some of the phrases below may help you in your advocacy efforts. Remember, it can take preparation and practice to gain confidence in these situations.

## SITUATION

## START WITH THIS:



### Confused

*"Can you clarify what you mean by....?"*

*"Can you help me understand....?"*

*"Can I have an example of.....?"*



### Unsure how to answer

*"Can I have a moment to process?"*

*"When you ask that, do you mean....?"*



### You've lost track of what was being discussed or have been led off-track

*"Can we circle back to my original question?"*

*"Can you recap what you just said?"*

*"Just to summarize, you said \_\_\_\_"*



### Disagreement

*"I appreciate your viewpoint. I have a different idea or conclusion"*



### You're not going to get a 'yes'

*"I'd like to understand all of the options"*

*"Is there a way we can meet in the middle?"*

*"What can we explore going forward?"*



### Not heard

*"I'd like my thoughts included in the notes"*

*"If this can't be resolved, who else can I speak with?"*

*"Is there someone who can make decisions I can reach out to?"*



### Overwhelmed

*"What steps are next and who is responsible for each?"*

*"Can you please send this to me in an email or write it down for me?"*



### Cooperation and Building Relationship

*"How can I support your efforts?"*

*"How do you usually support children with similar needs?"*

*"Can we work through this together?" "I'm curious about your ideas...."*

*"I value your opinion and professional experience...."*