



Best Buddies Ambassadors

Program Information Sheet

What is Best Buddies Ambassadors?

Best Buddies Ambassadors is a program that provides training for participants with and without intellectual and developmental disabilities (IDD) in areas of speech writing, public speaking, and self-advocacy. Ambassadors create opportunities to share their life stories and promote Best Buddies programs.

Best Buddies Ambassadors educates and empowers people with and without IDD to be leaders and public speakers in their schools, communities, and workplaces. Best Buddies Ambassadors is the next step for the Disability Rights Movement – teaching people with and without IDD the skills they need to successfully advocate. Best Buddies Ambassadors prepares individuals to become active agents of change.

Ambassadors will participate in trainings focused on the art of public speaking and advocacy. Once trained, Ambassadors are expected to find opportunities in their chapters and communities to share their stories and become more involved citizens. Ambassadors can speak to legislators and Best Buddies chapters; they can present at recruitment fairs and Best Buddies events. Ambassadors could also help collect donations, present to other interest groups, and train others.

How can I benefit from the Ambassadors program?

Best Buddies Ambassadors program gives participants an opportunity to play more important roles in their local programs. You will use the knowledge you gain to advocate, make positive changes in your life and community, and serve your Best Buddies program as a more confident leader.

How much do Best Buddies Ambassador trainings cost?

Best Buddies Ambassador workshops are free. Best Buddies highly encourages you to also be a part of one or more of our other programs, but this is not required.

While the Ambassadors program will not cost you any money, you should be prepared to work hard to learn and improve new skills. You should also be willing to dedicate time after the training to use your new skills in your community.

How do I participate in Best Buddies Ambassadors?

For more information, contact your local Best Buddies office or visit www.bestbuddies.org.