



Advocating for the Mission Training

Facilitation Notes

Best Buddies: Training 3 **Facilitation Notes**

Objective: To provide ambassadors with the tools, training, and language to promote the Best Buddies organization and showcase the mission in action.

Goal: Ambassadors will leave training with the ability to speak to the mission and highlight the impact of the organization on their lives and for the community.

Materials: Handouts, PPT, projector, Internet access, pencils, paper

Time: 10:00am – 2:00pm | 30 minute lunch break

Welcome

10:00am – 10:30am

Recap training | Purpose: 15 minutes

- All ambassadors have learned to write a speech, to present and speak publically, and to advocate for something important to them. Now they will learn to advocate for a specific topic.
- The topic selected is: Best Buddies International
- This session will review the history and initiatives of the organization, the programs and goals, and ensure all ambassadors can speak to the organization's impact
 - Even if ambassadors are not matched in a program, they can still learn about what we do as an organization and how we operate worldwide

Icebreaker: 10 minutes

Two Truths and a Lie or Skittles Life Story

Two Truths and a Lie Directions:

Ask all players to arrange themselves in a circle. Instruct each player to think of three statements about themselves. Two must be true statements, and one must be false. For each person, he or she shares the three statements (in any order) to the group. The goal of the **icebreaker** game is to determine which statement is false. The group votes on which one they feel is a lie, and at the end of each round, the person reveals which one was the lie.

Skittles Life Story Directions:

Pass around the candy and tell each participant to choose anywhere from 1 to 5 pieces of anything that they want. Instruct them not to eat it yet, though. After they have chosen their candy, you will tell them what each candy type/color represents.

If there is a whiteboard or chalkboard present, write on the board the following:

- Red – Favorite hobby
- Green – Favorite place on earth
- Blue – Favorite memory
- Yellow -Dream job
- Orange – Wildcard (tell us anything about yourself!)

If you don't have the above colors, change the above to match the candy types that you have. Each person takes turns introducing himself or herself, beginning with their name and then saying one fact for each candy type that they have. This easy [introduction game](#) should go relatively quickly.

Goals and rules: 5 minutes



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- Review rules established in past trainings
- Remind speech coaches and advocates to be present, respectful, and engaged
- Any additional rules to include?
 - No cell phones
 - Listen quietly
 - Take turns, do not interrupt others
 - Be respectful
 - All ideas are good ideas
 - Be encouraging of others
 - Ask question
 - Have fun!

Being a Best Buddies Ambassador

10:30am – 11:30am

Goals of a BBI Ambassador: 5 minutes

Discussion:

- What does it mean to be a Best Buddies Ambassador?
- Why is learning to speak about a specific topic important in being a public speaker?
- What can you take from past trainings to apply to today's training?
- Why is knowing about Best Buddies important to being an ambassador?

History of Best Buddies: 25 minutes

Materials: PowerPoint

Goal: To provide ambassadors with a clear understanding of the Best Buddies movement and their role as ambassadors in spreading the mission.

- Group will review BB History PPT and discuss eight official programs, three pillars, mission and vision.
- Will be followed by discussion on why understanding a cause, learning how to advocate for that cause, and being able to be flexible to share other's stories is so important to being a well-rounded public speaker.

Knowing Your Role: 10 minutes

Discussion:

- What does it take to be a self-advocate and an expert on a certain subject?
- How do these two things overlap? Why are they both important?
- It's important to know your role as an empowered public speaker and being able to share a cause or a mission; learning these skills will help you to identify more speaking opportunities
 - Knowing your own story is valuable; knowing how to share others' stories is exceptional

Advocate Opportunities | 20 minutes

Materials: *Being an Advocate for the Mission worksheet*, writing utensils

- Ambassadors will complete worksheet with speech coaches: *Being an Advocate for the Mission*
- Worksheet will help ambassadors identify how to use their own skills as a self-advocate to tie into their work as an ambassador for the Best Buddies mission.

Lunch Break

11:30am – 12:00pm

Speech Preparation

12:00pm – 1:15pm

Speech Writing Recap: 10 minutes



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- Group will review elements of a speech: intro, body, and conclusion
- Will utilize worksheets; *Being an Advocate for the Mission* and *Sharing Your Story & The Best Buddies Mission* to frame speech based on the Best Buddies mission.

Writing Your Speech: 45 minutes

Materials: *Sharing Your Story & The Best Buddies Mission Worksheet*, lined paper, writing utensils

- Speech coaches will support ambassadors to write a speech about the mission of Best Buddies and the organization's impact personally and for the community.

Edit & Practice: 20 minutes

Materials: lined paper, writing utensils

Goal: For ambassadors to feel comfortable with their message and confident in the mission they are speaking to.

- Ambassadors and speech coaches will review speeches
- Make edits for consistency and clarity
- Ambassadors will practice speeches with coaches; make any changes

If time allows:

Identifying Advocacy Opportunities worksheet

- Focus of worksheet: how to identify strengths and challenge areas as an advocate; knowing your resources and supports; building connections to connect your story to the advocacy

Speech Presentations

1:15pm – 1:50pm

Wrap Up & Reminders

1:50pm – 2:00pm

- Thank everyone for learning about Best Buddies and sharing their advocacy for the mission!
- Next training:
- State Events & Reminders