



# Eunice Kennedy Shriver Day Training

## Sharing Your Story & EKS Day

Learning to share your story is the first step in becoming a public speaker and advocate; the next step is developing the skills to advocate for other causes that you care about, support, and those that impact your community. Advocating for these causes will enhance your abilities as a speaker and provide further opportunities to share with new audiences. Use this sheet to outline how you will share your experience about EKS Day and the Best Buddies mission with your region; include information about yourself and how your story relates to the EKS Day and the mission.

**Intro**

*Share information about yourself: who are you, what are your interests, why should the audience pay attention?  
Introduce Best Buddies. Why are you here to talk about Best Buddies and EKS Day; why is Best Buddies and EKS Day important?*

**Body**

*What are the three main things about EKS Day you want people to know? Why should people care about EKS Day? Remember to relate the importance of EKS Day to yourself and your experience as a self-advocate.*

- 1.
  
  
  
  
  
  
  
  
  
  
- 2.
  
  
  
  
  
  
  
  
  
  
- 3.

**Conclusion**

*Remind the audience why they should care about your testimony and about EKS Day and Best Buddies. What is your call to action?*

BEST BUDDIES



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