

NOTE: Attach in the email:

Elevator Pitch WS, This is Me! Fill in Blank WS, and This is Me! Goals & Elevator WS

Thank you for joining us for Day 1 of our Remote Ambassador Training!  To help prepare for tomorrow's activities, please complete the following:

1. **What is your Self-Advocacy Goal?** Try to create 1-3 goals you have to help improve your self-advocacy skills.  You may use the attached worksheet, if desired.
2. **What is your Elevator Pitch?**  Using one of the attached worksheets as a guide, please write and practice your  *This is Me!* Elevator Pitch.  You will be asked to share this Pitch tomorrow at the beginning of our next call!

Please email the above activities to [HeidiKalinowski@bestbuddies.org](mailto:HeidiKalinowski@bestbuddies.org) before our next call - tomorrow at 4:30pm.  Feel free to reach out with questions, too.

Reminder: Calls with be heldMarch 24, 25, and 26 @ 4:30 PM Eastern

Join via video chat: <https://zoom.us/j/2419334549>  or download the Zoom phone app: Meeting ID- **2419334549**

Thank you all!

**HEIDI KALINOWSKI**

Director, Transitions Program

Massachusetts & Rhode Island

**BEST BUDDIES INTERNATIONAL**

**Boston |** 529 Main Street, Suite 202 | Boston, MA 02129

**Worcester** | 51 Union Street, Suite 308 | Worcester, MA 01608

**Providence** | 166 Valley Street, Building 6M Suite 103 | Providence, RI 02909

**P:** 617.778.0522 | **C**: 978.400.1392

[**BESTBUDDIES.ORG**](https://www.bestbuddies.org/)

March is #[BestBuddiesMonth](https://www.bestbuddies.org/month/" \t "_blank)! Celebrate inclusion in schools, the community and the workplace to help further the disability rights movement. Get started today by pledging your support to [Spread the Word: Inclusion!](https://www.spreadtheword.global/)