

Giving in person testimony the first time can be intimidating, you're not alone. You have the full support of NFFV!

The following outline simple but practical steps for giving in person testimony in support or opposition of legislative bills:

1. Don't feel intimidated or nervous. You know more about your personal experience than anyone. No one can question how **YOU** feel about a subject.
2. Unless you're an experience public speaker **don't wing it**. Know what you're going to say ahead of time. Write it down!
3. Limit your testimony to 3 minutes. Quality is more important than quantity. Plus, each speaker is limited on the amount of time they can talk. Be concise with your message.
4. The best messages are personal stories. Talk about how the subject impacts you personally.
5. Bring copies of your message. You can have them passed out to the Committee. Plus, you can use one for your testimony. **It's ok to read your story.**
6. **Get to the Capital early.** There is value in watching others give testimony.
7. Park on the south side of the Capital. There is usually more parking available, and it avoids the parking meters.
8. Last thing.... Breath deep and give your testimony. You'll do wonderful!!!
9. Hurray.. you did it!



You're not alone



You made it