

Why do we do 1 to 1s?

- We are forging relationships, which are the building blocks of social change & commitment.
- We find shared values by telling stories, asking questions, and practicing vulnerability.
- We can use 1 to 1s to build connections across race, class, and other differences.
- We can use 1 to 1s to grow our teams and move members up the ladder of engagement.

Before you meet:

- Call, text, or email and be clear about why you want to get together (eg. to talk about your Mothers Out Front team and how they might get involved).
- Suggest or ask them a couple of times and places that work for you both. Aim for about 1 hour.

In your meeting:

- Share your own story:
 - Talk about your background, both personal/cultural and with Mothers Out Front.
 - What calls you to this work, motivates you to keep going, and gives you hope?
 - Share from your heart, honestly and vulnerably.
- Learn more about the person you are with:
 - What's their family background/cultural heritage? What motivates and interests them?
 - What & who inspires them?
 - What skills & leadership qualities do they have?
 - Listen for shared values and topics over which the two of you resonate.
- Explain what Mothers Out Front and your team have been working on:
 - Describe your team, wins, ongoing campaigns. Focus on hope and action.
 - Talk about what your team and our movement need.
- Explore opportunities to work together:
 - Where do their values and resources match your team's needs and opportunities? How do your resources and values match their community's needs?
 - Answer and ask more questions.
- Ask. Get a commitment!
 - Be specific. Assess the person's situation and make a bigger or smaller ask accordingly.
 - Do they want to host a house party? Attend an action? Meet again?
 - Decide and clarify the next steps together--including when you will talk again.

Don't forget to follow up, twice!

- Email, call, or text right afterward to say thank you for the meeting.
- Follow up later on your commitments and next steps.