

YOU CAN DO IT!

Tips for getting up to the Mic



Here are a few ideas to help empower you to exercise your voice and participate in discussions where important decisions are made.

- If you want to speak and would like some support to prepare in advance, you can reach out to your local executive, your district representative, or a chosen mentor. All are very willing to help. The Chairperson and delegates want to hear what you have to say.

- Jot down some notes of the key points you would like to make in advance of getting up to the mic. Point-form notes work for some, others like to read their notes verbatim. Some members opt to have a support person stand alongside them at the mic.

- The Chairperson must call upon you before you begin speaking. Stand close to the mic and remember to breathe.

- Say your name and your local.

- Don't be shy to announce you are a first-time speaker.

- If you are a voting delegate, you have the right to speak, make motions, and amendments.

- If you are an observer, you will need to say so and ask for permission to speak, but you are not allowed to make motions or amendments.

- The Chairperson can help you with parliamentary process if needed. You are amongst colleagues who support and encourage your right to express yourself even if they have a different opinion.

- If you are called out of order by the Chairperson, don't be discouraged or alarmed. They are tasked with following an orderly process and will provide direction or options on how to proceed according to the standing rules of order.

It is essential that you are heard. UNA is the organization it is today because of our membership offering their expertise, opinions, thoughts, and ideas. This ensures that UNA represents you and our interests. Remember that the true strength of any Union comes from the membership. You are the membership, and the membership is the Union. Good luck and enjoy your meeting!



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