

# SHOW UP, STAND UP, SPEAK UP CANVAS

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

## Your focus

"I am here to talk to you about ..."

An issue  
A policy  
An agenda  
item  
A concern



## Why this is important to you

"This is important to me because ..."

Material  
impact  
Personal  
values



## Know

"What I would like you to understand  
is ..."

Insight  
Facts & Figures  
My opinion  
My feedback  
(+ve, -ve)



## Feel

"The emotion this issue evokes in (me/  
my family/my community/affected  
stakeholders) is one of ..."

Frustration  
Confusion  
Disappointment  
Concern  
Embarrassment  
Shame

Encouragement  
Support  
Delight  
Hope  
Pride



## Do

"I would like you to consider ..."

Noting my  
remarks  
Adding an  
agenda item  
Voting yes/no

Involving me  
Consulting  
others  
Researching  
something more



## Notes:

Key points; Phrases; References; etc.



## REMEMBER TO BE:

Respectful  
Confident  
Focused  
Practical  
Yourself!



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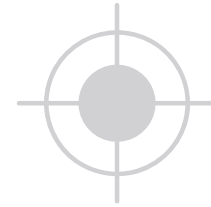
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## Your focus

“I am here to talk to you about ...”



## Why this is important to you

“This is important to me because ...”



## Know

“What I would like you to understand is ...”



## Feel

“The emotion this issue evokes in (me/ my family/my community/affected stakeholders) is one of ...”



## Do

“I would like you to consider ...”



## Notes:

Key points; Phrases; References; etc.



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