



# ELECTHER

## EQUIP HER FOR 2024 CANDIDATES

Elect Her is a multi-partisan organisation working to motivate, support and equip women in all their diversity to stand for political office across all spheres of Government in Britain. We provide women with the knowledge, confidence, skills and funds that they require to explore their interest in political office, to pave their political pathways, get selected and elected, and thrive once elected. Nearly 8000 women have attended our free workshops and programmes to date.

Over the past 3 years, 320 women from our community have stood for elected office and 152 have won their seats. **In the 2023 elections, 54% of women who accessed Equip Her were elected.**

### What support do we offer women standing as candidates in 2024?

Equip Her is our programme of support offering online resources, training, advice and community for women preparing to be candidates. Women who sign up get access to:

- LEARN: Live online skills-based training workshops
- ASK: Live online Q and A clinics in response to the training sessions
- CARE: Live online self-care and wellbeing support for prospective politicians
- Campaign in a Box: Self-led training on running an election campaign
- Digital Self-Defence and Self-Care: Self-led training on online safety

Each month we hold live online sessions facilitated by experts on covering:

- Telling your story
- Logistics and planning your campaign
- Online social media
- Speaking in public
- Planning the short campaign
- Preparing for after the election
- The election and beyond

Our approach ensures that women develop skills in cross-party collaboration, are championed for who they are - not what they do or stand for, and have a safe space to ask questions and explore challenges away from the campaign, building their confidence and expertise.

### What support do we offer women post election?

- A post-election wind down for all candidates
- Resources on How to be a Councillor and How to be an MP
- Councillors' Coffee Time social gatherings
- Public speaking training
- Support Her: 1:1 Coaching for newly elected women
- Ask Her: 1:1 time for women to discuss their political journey with our team



To access all of this support as a candidate, scan the QR code to register.

For more about the work of Elect Her, see: [www.elect-her.org.uk](http://www.elect-her.org.uk) or contact [katie@elect-her.org.uk](mailto:katie@elect-her.org.uk)

