

# ELECTHER

## SUPPORT FOR WOMEN CANDIDATES

### About Elect Her

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. We are pushing for equal representation at every level of Government. We're active across England, Scotland and Wales, and nearly 8000 women have attended our free workshops and programmes to date.

Over the past 3 years, 320 women from our community have accessed our Equip Her training whilst standing for elected office and 152 have won their seats.

### Equip Her free training and self-led resources

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:

#### Live Expert Led Online Training

**LEARN:** Skills-based campaign training

**ASK:** Q&A clinics, giving space to ask questions about our skills-based training

**CARE:** Self-care and wellbeing support for prospective politicians

#### Online resources

**Campaign in a Box:** Self-led training on running an election campaign

**Digital Self-Defence and Self-Care:** Self-led training on online safety

Our multi-partisan approach offers women a safe space to ask questions and explore challenges away from the campaign, building their confidence and expertise. Women are championed for who they are - not what they do or stand for, and develop skills in cross-party collaboration which sets them up for effective working once in elected office.

**Scan the QR code below to sign up!**

### Support Her for women in elected office

Candidates who are signed up to Equip HER, if elected, can continue to access resources and community once in office, through the Support HER programme including:

- A professional coaching programme worth over £2400
- Bi-monthly gatherings for networking and peer support
- Training workshops

