



National Foundation  
for Women Legislators

## Share Your Story Video Project.

We sincerely hope that you will take some time out of your busy schedule to film a brief video for our project. Below, you will find instructions for recording and submitting your video.

**Step one**, record a short video, between **90 seconds** and **2 minutes** in length.

The video can be recorded on your:

- phone
- laptop
- digital camera

You can record your own video using a front-facing, or selfie, camera. You can also have a staff or family member record the video for you.

**Step two**, respond to the following prompts:

**Answers to the questions below should be included in your video. Please begin each answer with a summary of the question (I ran for office because...etc.)**

- 1) Introduce yourself (Name, Title, City, State)
- 2) Why did you pass the *Celebrating Women in Public Office Proclamation*?
- 3) What challenges and advantages have you faced as a woman in the public service?
- 4) Who are women who have shaped your life?
- 5) Have you had any women mentors in public office? Do you mentor women?
- 6) What else would you like to share?

Make sure there is no background noise, a simple backdrop, and bright lighting in your video.

**Step three**, please send your video to [brenna@womenlegislators.org](mailto:brenna@womenlegislators.org).

If you have any questions, you can call us at (703) 518-7931.

**Thank you** for taking the time to share your story! We are excited to share these videos with NFWL members and women across the country. Your story could be the catalyst that encourages a woman to run for office and celebrate one another. We look forward to celebrating Women's History Month by sharing your story!