

Ambassadors Action Toolkit

Dear Ambassador, thanks so much for believing in the Women Friendly Leeds Movement! At Women Friendly Leeds we want to make Leeds a better place for women! Here are some steps you can take to help us achieve this goal:

General

- ✿ Follow Women Friendly Leeds on Instagram, Twitter and Facebook for updates on our campaigns and events (5 mins)
- ✿ Like and share one of our social media posts on your own social media (5 mins)
- ✿ Attend a Women Friendly Leeds Ambassador Network Meeting (1hr 15 mins)
- ✿ Talk to a friend, coworker or family member about Women Friendly Leeds. Help us spread our message (10 mins)
- ✿ Attend a hub event (up to 2 hrs)
- ✿ Bring along a friend to a Women Friendly Leeds event
- ✿ Make a Pledge (10 mins) not sure what to pledge? Have a chat with Briony about what this could look like. You can find examples of pledges on the Women Friendly Leeds Website.
- ✿ Meet with Briony online or in person to discuss how you can get involved with current campaigns (up to 1 hr)

Women's Employability

- ✿ Encourage your work to sign up to be the Women Friendly Leeds Recruiter Checklist (10 mins)
- ✿ Start a conversation at work about menopause workplace policies (5 mins)
- ✿ Speak with your friends and family about employment, what barriers do you, or they, face? Could their work sign up to be Women Friendly Recruiters? (Up to 20 mins)
- ✿ Be mindful of your coworkers, particularly in diversity and inclusion. Have a look at the Maltesers #LightentheLoad campaign (15 mins)

Switch onto Women's Safety

- ✿ Find out about the Women's Night Safe Space we run and tell your friends!
- ✿ Look for Ask for Angela posters and stickers in venues you attend. Can't see any Ask for Angela signs? Let us know the venue. (10 mins)
- ✿ Encourage trusted men in your life to sign up to our male ally train the trainer workshop (15 mins)
- ✿ Let us know if you have suggestions for places our arts and activism exhibition can be held (10 mins)
- ✿ Look out for Women's Safety consultation opportunities to take part in (15 mins)

Feedback

- ✿ **Women Friendly Leeds campaigns are shaped and develop based on the voices of women in Leeds. If there is something you would like to see change for the better for women, let us know! With enough support, there is scope to campaign. (5 mins)**
- ✿ **Take part in Women Friendly Leeds surveys, project submissions and interactive elements of the movement. (up to 30 mins)**
- ✿ **We are always evolving and responding to the asks of women in Leeds, if there is something you like about Women Friendly Leeds, or something you would like to see in the Women Friendly Leeds Movement, let us know. (10 mins)**

