

Spring Officer Elections

Welfare Training Session



The (Potential) Stress of Campaigning

- Campaigning can be hectic!
- Public Speaking
- Running around campus
- Other candidates

Campaign Teams

- Welfare support
- Making sure you're ok
- Welfare support team member?

Welfare Training

Always
something
for
you

Food / Drink

- Hydrate!
- Carry water when you're campaigning
- Make sure you keep eating
- Snacks
- Again, campaign teams!

Sleep

- You will be tired
- Cutoff time for campaigning?
- Campaign when students are around
- Tired = not engaging students

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Motivation

- Fun!
- No seriously, fun!
- Making change for students
- Making friends
- Passion for your positions

Focus on yourself

- The week is about you
- Try not to let other candidates bother you!
- Don't compare yourself to other candidates, whether they're in your category or not
- Work with your team

Welfare Room

- Welfare Room in Kevin Gately Room (MR2)
- Snacks
- Games
- Bread Oven Vouchers
- Staff
- Relax!

Advice Centre

- Advice Centre open throughout the week
- Any elections specific issues better to contact Democracy department

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Any questions?

Click to add contact email

