



## **Building Relationships with Congressional Offices**

*To be influential, it is important to get to know members of Congress and their staff, and build a relationship with the office. This gives you the opportunity to help the office and not give the perception that you only come around when you are asking for something. The information below will help you build and maintain a relationship with your congressional office so that you become a trusted resource on federal employee issues.*

### **The Introduction**

Introduce yourself at a community event, town hall or fundraiser. Initially, there may be no need for a formal meeting. These community events allow you an opportunity to break the ice and share your background. Hand them a business card or something to identify you as a NARFE leader. If you can, have a NARFE email address (for example: narfe1234pres@\_\_\_\_\_.com).

Community events are usually organized by the district office. Members' district offices are there primarily for constituent services – that means they are there for YOU. These are the staff members that you likely will work with the most. Find out with whom in the local office you are most likely going to work and how to contact them. After the event, send an email to your contact introducing yourself again.

### **The Meeting**

When appropriate, schedule a meeting in the district to talk about NARFE's issues. These meetings can occur with the member of Congress or their staff. This is another opportunity to reach out to the staff and show that you are a resource.

See the [Meeting section](#) for more information.

### **After the Meeting**

Stay in touch. Keep the office informed on a regular basis (just short of being a pest). Your goal should be for them to see you as a resource and be responsive to NARFE's agenda. This can include dropping by the office when there is a relevant article in the *narfe* magazine or saying hello at a town hall meeting. Show that you are engaged and paying attention, and they will pay attention back.



Most of what we ask for is legislative in nature. It is the Washington, DC, staff that supports the member's legislative agenda. In time, you will establish a relationship with the Washington staff. Find out who in Washington handles our legislative issues for the member and work to establish a relationship with them as well. They will be the eyes and ears of the member on our issues – make sure that they are seeing and hearing from NARFE.