

How to get the most out of being a NABS Ambassador.

- 1. Look after yourselves:** as much as you're there to signpost your colleagues to us, make sure you're using our services when you need them as well. Your wellbeing is just as important!
- 2. Let us know what you're doing:** if you've come up with a fab way of championing NABS in your company, let us know! We'd love to be able to thank you and help when we can.
- 3. Spread the word:** pick a group of colleagues you know well and think we can help. Then do a shout out at your team meeting, get them signed up for the newsletter, drop them a line with the best of all things NABS or simply chat to them about all the ways we can help.
- 4. Read your Ambassadors Newsletter:** this is where we update you once a month on what's going on at NABS HQ and ask for your help with surveys, blogging, fundraising and more.
- 5. Get familiar with the Ambassador portal:** on there you will find brand guidelines, poster templates, detailed information about our services and lots more...
- 6. Keep in touch:** if you have any questions, are moving company or have a great idea to run by us please drop us a line!
- 7. Sign up for the NABS newsletter and follow us on social:** this newsletter arrives in your inbox once a week and is where we open bookings for NABS Talks and Masterclasses. We also share all of this on our social channels - just search 'NABS'. It is the perfect way to keep up-to-date with everything that's going on.
- 8. Keep an eye on our calendar:** we've told you about some great talks and services that we'll be running in the Autumn and beyond, so make sure that you keep an eye out for bookings opening online.
- 9. Get creative:** no one knows your company culture better than you, so think of awareness raising initiatives for NABS that will suit your company.
- 10. Use this pack:** there's loads of information in here, and we've given you duplicates of everything, so you have plenty to give to colleagues who might be interested.