

## **What is most rewarding about being or supporting a candidate?**

In this video, former and current candidates and those who have supported candidates talk about the best and most rewarding things about their experiences.

### **1. “All of the different people that you get a chance to meet”**

Running as a candidate involves a lot of relationship building with your campaign team, volunteers, and the community. The intensity of a campaign means that these relationships are built relatively quickly, and there is a lot of excitement. It is humbling to see how many people give their time to help candidates in their campaigns. You also get the chance to meet your neighbours, get a sense of what is valued in your community, and oftentimes people thank you for your service and hard work. Participants described these interactions as especially rewarding, regardless of whether you win or lose.

### **2. “Making a difference with public policy”**

Being a candidate puts you in a position to bring a variety of public policy issues to light that the government may not be addressing. Being a voice for your constituents, helping decide the direction of your party, and working to improve the lives of Canadians were cited as some of the best parts of candidacy.

### **3. “The most rewarding thing is winning”**

After the countless hours dedicated to a campaign, and in light of the uncertainty of what will happen, participants described the thrill of winning an election as an extremely rewarding moment that you remember forever.