

# Media & Messaging Trainings

## Press Release Training

Although this training runs quite regularly, you can [watch a recorded version here](#).

## Spokesperson Training

You can find resources on [Becoming a Spokesperson for XR here](#).

For inquiries about training or being a Spokesperson, you can email

[\*\*press@extinctionrebellion.uk\*\*](mailto:press@extinctionrebellion.uk)

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