



The Realistic Collective

Collaboration & Guest Participation Agreement

With Barbara Lancaster | Realistic Health & Beauty

Thank you for co-creating with me and being part of the movement to heal, uplift, and empower through truth and love. This agreement outlines the spirit and structure of our collaboration to ensure clarity, respect, and alignment for both parties.

Purpose of This Collaboration

This collaboration is rooted in aligned intention, mutual respect, and shared value. Whether you are joining me for a podcast episode, panel, healing event, workshop, or content co-creation, this is a sacred exchange of energy, insight, and influence.

Agreement Details

1. Format & Scope

- **Event Type:** (Podcast / Live Event / Co-Facilitated Workshop / Interview / Series)
- **Date of Recording / Event:** _____
- **Topic / Theme:** _____
- **Expected Length:** _____

2. Content Ownership

- The original recording remains the property of *The Realistic Collective* and *Realistic Health & Beauty*.
- You may **share promotional clips, links, quotes**, and graphics (with proper credit and tagging).
- Please **do not upload the full episode or event recording** to your own channels unless written permission is granted.
- Co-created content (like workshops) may be co-branded and shared equally if both parties agree beforehand.

3. Promotion & Sharing

- We agree to support the content with integrity and enthusiasm.
- You will receive promotional assets (graphics, links, quotes) at least 48 hours before the release date.
- Mutual tagging and linking are encouraged for expanded reach and community building.

4. Edits & Consent

- If either party requests edits due to misalignment or sensitive content, we agree to honor that within reason and capacity.
- No content will be shared publicly without mutual consent and final approval, especially for sensitive or vulnerable topics.

5. Cancellation / Rescheduling

- Life happens. If you need to reschedule or cancel, please give at least 48 hours notice when possible.
- We agree to communicate with kindness and flexibility.

6. Values & Code of Conduct

We agree to:

- Uplift each other's work and integrity
- Maintain compassionate and respectful dialogue
- Avoid defamatory, discriminatory, or divisive language
- Respect confidentiality if vulnerable stories are shared off-air

Agreement Acknowledgement

Collaborator Name: _____

Email: _____

Date: _____

☐ I agree to the terms above and am excited to co-create with The Realistic Collective and Realistic Health & Beauty.

Signature: _____

“This work is sacred. My intention is to create safe, expansive, and mutually empowering spaces for healing, growth, and real transformation. I am so honored to walk this path with you.”

With love & integrity,

Barbara Lancaster

Founder of Realistic Health & Beauty & The Realistic Collective

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