



REALISTIC HEALTH AND BEAUTY

## **Guest Appearance Guidelines**

*For appearances on podcasts, summits, and collaborative platforms*

**Realistic Health & Beauty | The Realistic Collective**

**With Barbara Lancaster**

Thank you for the opportunity to be a guest on your platform. I deeply value authentic, respectful, and aligned collaboration. These guidelines ensure that our co-created conversation is handled with care, clarity, and mutual respect.

### **BEFORE THE RECORDING**

Please provide:

- A short description of your podcast/event and its audience
- The topic or focus of our conversation
- The format (interview, panel, free-flow, etc.)
- Any questions or themes you'd like to cover
- The scheduled release date, if known
- Whether the conversation will be video, audio, or both

### **DURING OUR CONVERSATION**

- I aim to speak from the heart with honesty, compassion, and professionalism.
- Please let me know ahead of time if any topics are off-limits or require sensitivity.
- I retain the right to request edits if something feels misrepresented or out of alignment.

### **AFTER THE RECORDING**

- I would love to support and share the episode with my audience once it is published.
- Please send the final episode link and a release date when it is available.
- I typically share via Instagram, Facebook, and YouTube.

## REPUBLISHING CLAUSE

To honor your original content:

- I will not upload the **full episode** to my podcast or YouTube channel **without prior permission**.
- I may create **short audio or video clips** for promotion, with credit to you and links to your platform.
- If you would like to co-create a bonus resource or repurposed version, I am open to collaboration!

## ETHICAL PARTNERSHIP VALUES

- I believe in reciprocal support and open communication.
- I honor your platform and ask the same in return.
- I am committed to conscious leadership, grace-filled conversation, and mutual upliftment.

Let's create something beautiful and meaningful — together.

Warmly,

**Barbara Lancaster**

Founder of The Realistic Collective

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