



PEPPERSOUP
Stories

Guest Guideline Manual

Soothing the Souls of women: One Story at a Time.



Welcome to Peppersoup Stories!

We're thrilled you're considering sharing your story with us. Peppersoup Stories is a safe space for real, raw, and refreshing conversations—designed to soothe the souls of women through storytelling. This guide will help you understand what's expected and how to prepare for your feature.

What We're Looking For

We believe that behind every woman is a powerful story. Our goal is to highlight voices that show:

- Resilience in the face of life's challenges
- Authenticity — no fluff, just real stories from real people
- Growth and healing — the journey from struggle to strength
- Lessons learned that can uplift or inspire another soul

You don't need to be "famous." You just need to be real.

Your Story Should Answer These Questions (in spirit, not directly):

- What challenge did you face?
- How did it affect you emotionally, mentally, or physically?
- What steps did you take to rise above it?
What did you learn in the process?
- How are you using that experience now to empower yourself or others?

Think of it as a friend-to-friend heart talk, not a formal interview.



Before the Recording: What We Need from You

- Complete the Guest Application Form
 - Include your bio details, social links, and a 1-minute video intro.
- Share a Google Drive link to:
 - A 1-minute video introducing yourself and your story
 - A recent headshot/photo
- Prepare Mentally & Emotionally

Reflect on your story. Choose a version that's true, meaningful, and feels safe to share publicly. We're not looking for perfection—we're looking for truth.

During the Recording

- Join us in a quiet, comfortable space with good internet.
- Be your authentic self—laugh, cry, pause—it's all welcome here.
- The session will be relaxed and conversational, guided by one or both co-hosts.
- You can ask for breaks if needed—we honor your comfort.

After the Recording

- We'll let you know when your episode is going live.
- You'll receive:
 - Promo graphics
 - A shareable link to the episode
 - Suggested captions to help promote your story



A Few Notes

- Confidentiality: If there are sensitive areas you don't want aired, please let us know in advance.
- Consent: By being a guest, you consent to your episode being published on our platforms.
- Community: We'd love for you to stay connected and engage with fellow guests and listeners!

Thank You

Thank you for being brave enough to share your story. Your voice matters, and your journey can heal more hearts than you know.

Let's make storytelling a soul-soothing experience.

**With warmth,
The Peppersoup Stories Team**