



# STORYTELLING GUIDELINES



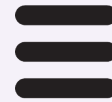
## Real

Any story is your own, and must be real



## Good Taste

The topic, language, themes and story as a whole must be of good taste.



## Be Sober

Please don't be inebriated when you get up to present.



## 8 Minutes

A standard story slot, unless otherwise advised, is 8 minutes maximum. In this time you tell a single narrative, rather than a collection of anecdotes.



## Stay At The Mic

There is no opportunity for stage movement, visuals or props. The microphone remains in its stand for the entirety of the event.



## Any Story

The tone and feel of a story is open. It may be heartfelt, sad and heavy, lighthearted, humorous, inspiring or entertaining.



## No Sales

There is to be no sales, promotion or commercial messaging in any story.



## No Intro

You will not need to introduce yourself, this will be done by the MC. Your first words are of the story.



## No Notes

There is no lectern or place for notes on stage. Only yourself and the microphone stand.

Questions?

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