

# *The Sisters*

## **Submission Guidelines**

The objective of the project is to share insights and wisdom that will be both interesting and useful to your fellow Sisters as we strive to be the best people we can be, and to make the world a better place. You may find it useful to think whether your article relates to:

- a) **inner**: the inner work that we all do in order to evolve and grow
- b) **inter**: the connections between Sisters as we come together to co-create a better future
- c) **outer**: the work we are called to do to make the world a better place

For example, using our inner/inter/outer model, you may wish to write about one of the following:

- a) personal transformation: I used to believe x, then this happened and I realised y, now I believe z and here is why z works better for me
- b) inspiring stories of teamwork: I saw this problem, and brought together some people (ideally women) and this is what we did and why it worked
- c) making the world a better place: here's how I became aware of this particular problem, and here's my vision of how we could do things better

We specifically encourage **personal stories**, especially where those stories involve lessons learned and/or best practice or give us an insight into the reality of your world. Please:

- make it personal – tell us about yourself and let your voice be heard throughout
- make it inspiring – help us believe that a better world is possible
- make it practical – crystallise the lessons you learned from your experience or the vision you have for the future
- make it positive – we are about how feminine values like collaboration, nurturing, listening and intuition are essential in the world

**We specifically discourage “expert advice” or listicles of “10 things you need to know about x” or “3 things successful people do before breakfast”. We do, of course, want to hear about any areas of expertise you may have, but please make it personal, anecdotal and friendly, as one Sister to another, rather than adopting a superior or “expert” attitude.**

**Please also bear in mind that English may not be the first language of many of our readers, so keep it simple and easy to understand.**

We welcome submissions of all types, with the categories listed below featuring as key themes:

- spirituality
- vitality
- prosperity
- sustainability
- community
- creativity

Articles are then sent to an editorial team for selection and editing.

## Types

1. Articles:
  - a. No more than 750 words
  - b. Include at least 2 relevant images, with photo credits if appropriate
  - c. Most articles will be original and personal stories, but on occasion we may also welcome a book or film review, news analysis, etc. provided it is relevant to our mission
  - d. Cannot be commercial, e.g. promoting goods or services
  - e. Please include a 100-word biography and a portrait image (preferably of you in your everyday environment rather than just a headshot)
2. Vlogs/podcasts
  - a. No more than 30 minutes
  - b. Recorded via Zoom, with video (sound will be stripped out from the video and made available as a separate mp3 file but if your internet connection is not good enough to support video, please record as audio only)
  - c. Please pay attention to sound and video quality, ensuring each person is well-lit (not back-lit) and that distracting sounds are minimised
  - d. While individual monologues may be accepted, conversations involving two or more people are strongly encouraged, especially coming from a number of diverse perspectives
  - e. Aim for a “kitchen table” vibe, i.e. an informal conversation amongst equals
  - f. There should be a specific theme to the conversation and an attempt to reach conclusions
  - g. Accompanying description of 100–200 words, summarising the content of the conversation
3. Memes
  - a. Quotations, either original or attributed, superimposed on an appropriate image, with photo credit if appropriate