

Guest Handbook

Introduction

Introducing "The Lipoedema Podcast": Shining a Spotlight on Lipoedema and Empowering Communities.

Lipoedema, a frequently misunderstood and underrepresented condition, now has a powerful voice with the launch of "The Lipoedema Podcast" in August 2023. Hosted by Shelley and Tiana, two remarkable individuals living with lipoedema, the podcast aims to raise awareness and educate audiences about this often overlooked disease.

Unlike any other podcast in Australia, "The Lipoedema Podcast" sets out to provide invaluable insights into this condition from two distinct perspectives. Shelley approaches lipoedema through a conservative management approach, while Tiana bravely shares her journey through surgical intervention. By sharing their stories, experiences, and knowledge, they aim to support, inform, and empower individuals dealing with this condition.

The podcast features expert guests from the medical community, including professionals specializing in Lipoedema treatment, as well as inspiring women living with Lipoedema. Listeners can expect discussions on various topics, including nutrition, lymphatic drainage, compression therapy, surgical interventions, and touching personal accounts of individuals overcoming the challenges posed by lipoedema.

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Scheduling

Once connection has been made between hosts and guests, an email will be sent explaining the requirements of the interview.

All interviews take place on predetermined dates as confirmed in our initial email correspondence.

Guests will be required to send through the following prior to the scheduled interview:

1. A short bio for the episode introduction;
2. What would you like your episode to focus on? Share specific information you want to put forward so we can make sure we ask you questions to prompt that information share and facilitate your particular message;
3. A head shot for use in the promotion of your episode.

One week prior to your scheduled interview, an email will be sent with links to the meeting room.

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What to Expect

An overview of the format and structure of the interview process.

Meeting Room

|  Studio Link | <https://riverside.fm/studio/shell-and-tianas-studio?t=5a6ca12803791999fbc3>

You can join the studio at the link provided above  . We use a service called [Riverside](<https://riverside.fm/>) to conduct our interviews. Riverside will record both audio and video files. The audio and video files will be used for the final podcast episode and may be used for promotion across different social media platforms in short clips.

- Riverside works best when using either the Chrome or Edge web browser.

Duration

We're asking guests to allocate a maximum of 1 hour. We don't expect the interview process to take nearly that long, however, we are trying to add in some extra buffer room just in case.

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What to Expect

Pre-Interview

- * Video and sound check with the hosts
- * Guest and hosts talk briefly to provide a quick overview of the format and answer any last-minute questions before the interview begins.

Interview Structure

- * Hosts Introduction - The hosts provide a brief introduction to the show and present the guest.
- * Main Interview Section - The hosts will ask questions to the guest and have an ongoing, organic conversation about the guest's experiences.
- * Outro - The hosts will say goodbye to conclude the interview and provide some closing remarks to wrap up the episode.

Post Production

We'll reach out and let you know when your episode will officially be published. Feel free to share this across your different social media platforms.

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Sample Questions

When getting interviewed, it's totally normal to feel anxious about the questions you'll be asked. Don't worry, we've got your back! We've put together a list of questions you might hear to help you feel as prepared as possible. If you have indicated a focus for your interview these questions will be added.

Warrior Standard Questions

1. How did you come to learn of Lipoedema and when was that?
2. Had you been searching for answers prior to this?
3. When do you believe that your Lipoedema started to develop?
4. Were there other times of progression you can pinpoint?
5. How are you managing your lipoedema?
6. What has been the best treatment for relieving your symptoms?
7. If you could go back and give your youngest self a pep talk, what would you tell her?

Professional Standard Questions

1. How did you come to learn of Lipoedema?
2. What's your professional approach to Lipoedema patients?
3. How can we spread awareness in the medical community?
4. Where can the Lipoedema community find you?
5. Lipoedema is an expensive condition with minimal financial support. Do you have any tips for patients on accessing treatments?

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Remote Interview Checklist

This page will contain a list of remote interview best practices to ensure a successful and smooth interview for the podcast.

 You can join the studio session at this link:

<https://riverside.fm/studio/shell-and-tianas-studio>

-  Use headphones (wired preferred) to reduce background noise and echo.
-  Use a microphone for better sound quality. Any external microphone, headsets used for Zoom meetings, or the mic built-in earbuds, are better than the built-in computer mic.
-  Test your equipment (camera, microphone, internet connection, etc.) before the interview to ensure there are no technical issues.
-  Choose a quiet location for the interview, free from distractions and background noise.
-  Have a glass of water nearby to stay hydrated.
-  Speak a bit slower than you normally would.
-  Keep your phone on vibrate and mute any alarms or computer notifications.
-  Riverside, the service for recording the interview session, works best when using either the Chrome or Edge web browser.
-  Close all other applications and/or browser tabs that don't need to be open during the recording session as this prevents CPU overload.

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Remote Interview Checklist

 If you have any questions or need assistance before we conduct the interview, don't hesitate to reach out at: [lipoedemalifestyle@gmail.com]

Riverside Guest Recording Prep Doc

[Riverside Guest Recording Prep Doc.pdf](https://s3-us-west-2.amazonaws.com/secure.notion-static.com/89e04f65-3b19-4aa2-b354-72559e5782db/Riverside_Guest_Recording_Prep_Doc.pdf)

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Social Media Templates

A list of templates to use to share your interview with the interwebs!

Twitter

> Excited to share my recent interview on The Lipoedema Podcast! We discussed [insert topic], and I had a great time chatting and sharing my story. Check it out now!

@<https://open.spotify.com/show/thelipoedemapodcast>

Instagram

> Just had an amazing time discussing [insert topic] on the @the_lipoedema_podcast

(https://www.instagram.com/the_lipoedema_podcast/) Check out my interview to hear more about my experience and insights. Thanks to The Lipoedema Podcast for having me!  #thelipoedemapodcast #podcast #interview

Facebook

> Had a great time discussing [insert topic] on The Lipoedema Podcast! Check out my interview to hear more about my experience and insights. Thanks to The Lipoedema Podcast for interviewing me!

#thelipoedemapodcast #podcast #interview

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LinkedIn

> Excited to share my recent interview on The Lipoedema Podcast! We discussed [insert topic], and I had a great time chatting and sharing my story. You can check it out now to hear more about my experience and insights. Thanks to The Lipoedema Podcast for having me!
#thelipoedemapodcast #podcast #interview

TikTok

> Excited to share my recent interview on The Lipoedema Podcast! We discussed [insert topic], and I had a great time chatting and sharing my story. Check it out now to hear more about my experience and insights. Thanks to The Lipoedema Podcast for having me! #thelipoedemapodcast
#podcast #interview

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Resources

Studio Link | <https://riverside.fm/studio/shell-and-tianas-studio>

Email | mailto: lipoedemalifestyle@gmail.com

Instagram

|https://www.instagram.com/the_lipoedema_podcast/

Facebook

|<https://www.facebook.com/thelipoedemapodcast>

YouTube

<https://www.youtube.com/@thelipoedemapodcast>

Spotify

<https://open.spotify.com/show/thelipoedemapodcast>

TikTok

<https://www.tiktok.com/@shell.and.tiana>