

Indulgence: Sacred Self-Care — Speaker Onboarding Form

Welcome, Beautiful Soul

We're so honored you're joining *Indulgence: Sacred Self-Care* — a sanctuary-style summit devoted to nervous system nourishment, embodied rest, sacred rhythms, and intentional, sacred & sustainable self-care.

This form helps us gather everything we need to feature you beautifully, share your work with integrity, and create a smooth, supportive experience for everyone involved.

Answer intuitively, and reach out anytime if you need support.

SECTION 1: BASIC INFORMATION

Full Name (as you'd like it displayed)

Short answer

Business / Brand Name (if applicable)

Short answer

Professional Title or Soulful Descriptor

(Example: Somatic Therapist | Nervous System Guide | Sacred Rest Mentor)

Short answer

Email Address

Short answer

Website URL

Short answer

Instagram Handle

Short answer

Facebook

Short answer

TikTok

Short answer

X

Short answer

SECTION 2: BIO + BRANDING

Short Bio (50–75 words)

(This will appear on your speaker card and grid.)

Paragraph

Long Bio (150–250 words)

(This will appear on your speaker profile page.)

Paragraph

Headshot Upload

(High-resolution, square preferred)

File upload

SECTION 3: SESSION DETAILS

Session Title

Session Subtitle or Hook (optional)

Session Description (100–200 words)

(What will this conversation support, soothe, or awaken?)

Top 3–5 Takeaways Participants Will Receive

Who This Session Is Especially For
(Emotionally, energetically, or situationally.)

Optional Practice or Exercise Included?

- Yes
- No

SECTION 4: SACRED OFFERING (OPTIONAL BUT WELCOME) Max: One Free offer, 1-3 Paid offers or bundles (preferably different price points)

We lovingly invite — never require — speakers to share an offering if it feels aligned and nourishing. This can be a course, session, program, resource, ritual, bundle, or sacred experience.

Offering 1 Name (if applicable)

Offering Description (75–150 words)

(What is it, who is it for, and how does it support sacred self-care?)

Offering Link or would you like to add your offer to our shop?

Summit Bonus or Gift (optional)

(If you'd like to include something special for attendees.)

Discount Code (optional)

Offering 2 Name (if applicable)

Offering Description (75–150 words)

(What is it, who is it for, and how does it support sacred self-care?)

Offering Link or would you like to add your offer to our shop?

Summit Bonus or Gift (optional)

(If you'd like to include something special for attendees.)

Discount Code (optional)

Offering 3 Name (if applicable)

Offering Description (75–150 words)

(What is it, who is it for, and how does it support sacred self-care?)

Offering Link or would you like to add your offer to our shop?

Summit Bonus or Gift (optional)

(If you'd like to include something special for attendees.)

Discount Code (optional)

Offering 4 Name (if applicable)

Offering Description (75–150 words)

(What is it, who is it for, and how does it support sacred self-care?)

Offering Link or would you like to add your offer to our shop?

Summit Bonus or Gift (optional)

Discount Code (optional)

SECTION 5: TECH + SCHEDULING

Time Zone

Best Days/Times for Recording before February 7, 2026.

Do You Have a Quality Mic & Stable Internet?

Accessibility Needs or Requests

SECTION 6: CONSENT + PERMISSIONS

Recording Consent

I consent to this session being recorded and shared within the Indulgence summit and Sacred Lounge Pass.

- Yes
- No

Promotional Use Consent

I consent to short clips or quotes from this session being used for summit promotion.

- Yes
- No

Email List Sharing (Optional)

I would like to receive summit updates and speaker communications.

- Yes
- No

SECTION 7: FINAL REFLECTION

What feels most meaningful to you about participating in Sacred Indulgence?

Anything else you'd like us to know, request, or share?