

CHEST AFTER HOURS | A NOCTURNISTS' SATELLITE PROGRAM

STORY GUIDELINES

Who can submit a story?

Anyone attending the CHEST 2025 Annual Meeting who has a compelling story to tell, the willingness to work with a storytelling coach to condense their story into 10 minutes, and the ability to communicate that story on stage in a meaningful and engaging way can submit.

What kind of stories are you looking for?

We're looking for true, original, first-person stories that had lasting effects on not only the way you show up as a clinician, but also how you show up as person. Here are some prompts to get your creativity flowing:

- [Example: Tell us about a time when caring for someone or something changed you.]
- [Example: Tell us about a time you cared for a group or population with needs different than your own.]
- [Example: Tell us about a time when "taking care" required something unexpected of you.]
- [Example: Tell us about a time the personal and professional collided in caretaking.]
- [Example: Tell us how caring for someone motivated you to change the world outside the hospital.]

Does the story need to be fully fleshed out?

No! We're looking for compelling story ideas that have the potential to be explored, developed, and shaped in collaboration with our professional story coaches.

Of note, the spoken word and written word are quite different, so thinking of the performance less as a "reading" and more as a "monologue" or "performance" can be a helpful reframe for those who are used to working with the written word.

Can I submit a story that has been published elsewhere?

No, we are seeking original stories.

How long are the stories in their final form?

Each story will be around 10-15 minutes long. The show will feature up to five storytellers.

How do I make my story idea as compelling as possible?

Check out *The Nocturnists* [storytelling tips](#) and listen to previous stories on *The Nocturnists* [podcast](#).

How does the story coaching process work?

We'll pair you with a story coach, who will help you shape the story for the stage.

During the coaching process, stories often evolve dramatically from the initial draft — so be prepared to let go of expectations, have fun, and enjoy the journey of discovery!

Previous storytellers have described the experience of working with their coaches as joyful, transformative, and an extremely valuable investment in their own personal and professional development.

What is the time commitment?

Storytellers must commit to spending approximately 10 hours working with their story coach (can be virtual or in person depending on your geographic location) plus the time you need to think and practice on your own. Our coaches can customize a schedule for you that works with your availability.

How do I pitch my story?

[Here's the submission website](#). You'll be asked to prepare a brief written description of your story idea, along with a 2-5 minute audio clip so we can get a sense for your personality and presence.

When is the deadline for story pitches?

Thursday, August 7, 2025

When will I be notified if I've been selected?

Thursday, August 14, 2025

What if I have more questions?

Please email Teresa Rodriguez-Aviles at trodriguez@chestnet.org