

Unrehearsed Podcast

Thank you for desiring to be a guest.

This note is simply how we prepare a good conversation, and how we keep the hour from becoming a scramble.

Unrehearsed is named on purpose. We stay present and let a real conversation happen. While at the same time, we deeply desire for our audience to grasp the intention of the mission God has entrusted you with personally.

Setting the Expectation

We will:

- Begin with the part of your testimony (even a few sentences is enough) that connects to the topic you have chosen
- Transition to the **one** endeavor, book, or discussion you most hope we can support that day
- Then, the three specific questions you would like Amanda to ask
- Close with one piece of advice you are ready to give today's mothers

That last one stays even when the rest of the hour is for the whole church. Mothers are listening. A single, honest sentence from you will serve them.

Come record in Tyler, if you can

If you live reasonably close, we would be glad to host you in our Tyler studio. The picture and sound are simply better in the room, and so is the conversation. For guests who are fairly local, we are willing to talk through **reimbursing travel** so the trip is not a burden. If that would make a studio day possible, say so when you reply. We will treat it as a mutual gift: a professional-looking episode, and a morning that honors your time.

If Tyler is not possible, remote is still welcome. The guidelines below will help your home look and feel like a warm room, not a waiting room.

How to show up (studio or home)

Think of this less as a production checklist and more as hospitality — the same care you would take if a friend were coming to the table.

If we are not in the studio

Find a warm corner of your home and let it look like one. A lamp, a plant, a bookshelf, a quiet wall — anything that feels lived-in and kind. You do not need a set. You need a space that says *someone lives here, and they made room.*

Dress as if you are headed to the children's school. Put together, comfortable, respectful of the people who will watch later. Solid colors photograph best and keep the eye on your face, not the print.

Speak clearly. You do not need to perform. You only need to be heard. Imagine you are talking across a kitchen table to someone you love.

Be where the wifi is strong. A dropped connection is nobody's fault and everybody's interruption. Sit close to the router if you can, and close extra tabs before we begin.

Be set and ready when we start. Camera at eye level, frame checked, phone silenced, door shut. We will not rush you — and we also will not spend the first ten minutes finding the light.

Leave drinks out of the shot if you can. Have water nearby. Just keep the cup from becoming the co-host.

Please do not eat during the recording. It is hard to hear, and harder to forget on camera.

Give us as much quiet as the house will allow. Fans, dishwashers, televisions, and nearby conversations travel farther than they feel in the moment. A closed door and a heads-up to the family go a long way.

Pray for the hour, and treat it as a real appointment. Put it on the calendar as you would a counseling session or a pulpit: not something to squeeze between errands. We will be praying for you as well.

Watch the phrase that wants to move in. Most of us have one — “you know,” “at the end of the day,” “listen,” “I mean.” You do not need to be polished. You only need to notice, so the listener hears *you* and not the loop.

Bring stories. A truth with a face on it will outlast a list of points. One scene from your life will do more than ten summaries.

Plan on about 40 minutes of recording. We may go a little under or a little over. We will not keep you all afternoon.

What you can expect from us

Unrehearsed will not ambush you. We will listen, ask what we said we would ask, and leave room for the Spirit to do what a run-of-show cannot.

If anything on this page is a hardship — travel, timing, a noisy house, a season that is simply too full — tell us. We would rather adjust than pretend.

I look forward to sitting down.

With gratitude,

Amanda Florczykowski

Unrehearsed Podcast Host

Able Moms International of Amanda Flo Ministries

Tyler, Texas