

How to write a bio:

Your bio should include:

- Your name
- The number of years you spent in prison and where
- Mention any hobbies that you took up to pass the time and how they served you since your release (if applicable).
- Did you speak to prisoners while incarcerated?
- Why you want to share your message to audiences
- Any accomplishments that you have

Tips:

- Your bio should be written in the 3rd person. No I's or me's.
- It should be no longer than 500 words
- It should be compelling so that people want to hear you speak.

Bio Example

JOHN DOE was found guilty and was convicted of a crime that he did not commit on November 3, 1992 and was expected to serve a life sentence. He spent 17 years in Pelican Bay State Prison, a place where the most hardened criminals are remanded. During his time in prison, he spent several years proclaiming his innocence and trying to get the attention of someone, anyone, who would listen to him to take on his case. He wrote to judges, lawyers—virtually anyone who he believed might offer assistance. When not working on his case, he found that he had a penchant for gardening and transformed grounds of the prison, planting and providing fresh vegetables to the prison's commissary. He spent his hour of exercise lovingly tending to his gardens. The prison officials were so taken by his skills that they allowed John to cultivate and plant in more areas of the prison grounds. While never giving up hope that he would someday be set free, his case was taken up by the Main Street Innocence Project, led by Jane Smith. She believed his story and sought to procure critical evidence of his innocence. Due to prosecutorial misconduct and witness misidentification, John was set free and exonerated in June, 2008.

Since his release, John's message has been one of hope and faith. He has taken his love of gardening to life on the outside, helping to build community gardens in his hometown of Chicago and teaching the public gardening tricks and hacks through his workshops at Home Depot, where he is currently employed. He never stopped believing in himself and his truth, and that is the message that wants to share with audiences around the country. Despite circumstances, despite hardships, faith and hope can conquer even the worst of situations. You just have to plant one seed at a time.

Professional Photo Example:

