**Nominees for the 2023 Golden Light Awards are asked to complete a short 500-800 word article. To help you to build your article, we suggest that you answer the questions below in the spaces provided. Your article – inserted in the below template - should not exceed two A4 pages.

If you would rather record a short 3 minute video, you can also do so. Please consider the below questions when recording.**

**Your article/video should then be sent to your nominating chapter and they will submit to IBE with the necessary documentation. Please do not submit directly. Submissions from individuals will not be accepted.**

**Good luck!**

**Section A: About Me**
*Please briefly introduce yourself and tell us about your connection to epilepsy*

A:

**Section B: My work**
*Please tell us about the work you do which has led you to be nominated for this award*

B:

**Section C: Impact**
*Please tell us about the results of your work, and the impact you believe it has made on you and your community*

C:

**Section D: The Future**
*Please tell us how you would like to continue your efforts for epilepsy*

D:

**Section E: Anything else?**

E: