



Tonya Pieske

Creator & Host of
How to Tell Someone

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ABOUT TONYA

Tonya Pieske is a musician and narrative producer based in Portland, Oregon. She is the creator, host, editor, and composer behind **How to Tell Someone**, a narrative podcast exploring the emotional and relational impact of telling and hearing life-changing truths.

ABOUT THE PODCAST

How to Tell Someone is a narrative podcast featuring real people as they share the moments of pivotal communication related to trauma, identity, relationships, loss, and transformation. We explore the ways their experiences have shaped how they perceive and move through the world today.

Episodes combine vulnerable storytelling, thoughtful narrative structure, and original musical scoring. Season 1 launches in January 2026.

GUEST TOPICS & TALKING POINTS

Trauma-Informed Storytelling from Lived Experience

How Tonya's own lived experience with CPTSD shapes her approach to narrative work and supporting guests through vulnerable storytelling.

The Craft of Vulnerability in Narrative Podcasts

Designing interviews, emotional check-ins, and story structure that help people share life-changing truths with clarity, dignity, and care.

Building a Narrative Podcast as a One-Woman Studio

The challenges and advantages of writing, producing, editing, and composing with a low-cost, DIY ethos.

Why Truth-Telling Changes Us

What Tonya has learned from the process of recording, editing, and sharing stories with guests about the transformative power of being a witness to long-held truths.

CORE THEMES

- Breaking generational cycles
- Identity, queerness, and complex relationships
- Childhood trauma and recovery
- Grief, loss, and family dynamics
- Living with illness and making meaning through adversity

IDEAL PODCAST FIT

Tonya is a strong guest for podcasts about:

- Storytelling & creativity
- Mental health & lived experience
- Trauma recovery
- Relationships & communication
- Women creators & independent producers
- Podcast craft & behind-the-scenes process
- Community, empathy & human connection