

iRise Wellness Board Meeting

Date of the Meeting: August 21, 2021

Check-in Question:

Mission

iRise Wellness seeks to promote holistic wellness for people of color through community engagement.

Vision

The vision of iRise Wellness is to create a transformative experience through purpose

Values are to embody the 5 E's:

Education of others,

Empowering people to challenge themselves,

Encouraging self-expression

Enhancing one's community

Engaging creative practices through a healthy mind, body, and soul.

Attendance

President- Present

Director -

Secretary - Present

Treasure - Present

Community Service-

Intern -

Discussions items

- Higher Education Summit: Fall-September 18th , 2021
 - [Scholarship](#)
 - Speakers (Information Name, email, mailing address)
 - Donations
 - Two-Three
 - Panelist
 - Mentors

- Care Package (Toría)
 - What could we purchase?
 - September 1 deadline?
- UC Riverside-1-1.5 hour virtual workshop on holistic wellness
 - Payment
 - Need updates on highlights and post survey results for the website - testimony (Debbie)
- Promotional Video (Debbie)
 - Google Add
 - Still working on design - suggested using a new Canva template
- Instagram Social Media Audit (Debbie)
 - September-Embracing the Unknown
 - Promoting the summit
 - Guest speakers
 - Presentations
 - Topic Areas
 - Ticket promotion
 - October
 - National Depression and Mental Health Screening Month
 - November
 - Gratitude
 - December
 - Goal setting/Rebranding resolutions
 - In the Spirit of giving, how do you give back to yourself?
 - What do you have to give?
 - December graduation announcements
- Social Media Strategy
 - Monday- Motivational post (Toría)
 - #MotivationalMonday
 - Wednesday- Resource post (Debbie)
 - #WisdomWednesday
 - Friday- Promoting our Brand (LT)
 - Our events (other than SNV)
 - Fun video
 - Trending topics- thought provoking questions
 - Saturday- Saturday Night Vibe Promo
 - Day in the Life
 - August 27
 - Toría 31

Events

- Saturday Night Vibe @5pm (PST/EST)
 - 30 min with Q&A
 - 8/21: LaTecia: Investment Mindset with T Part 2
 - 9/4-Debbie Procrastination
 - **9/18: Siobhan (Higher ed Summit)**
 - 10/2- Toria- Self care before the holidays
 - 10/16: Debbie (Time Management)
 - 11/6: LaTecia
 - 11/20-Toria- Gratitude?
 - 12/4: LaTecia
 - 12/18-Debbie (Goal Setting)
 - 12/25: Christmas
- Holiday Event October-December (Maybe a service activity)
 - Pick an Org in ATL
 - [Draw Change](#)
 - [Jareds Heart Of Success Inc](#)
 - [StandUp For Kids](#)
 - [Other Options](#)
- Non-Profit Paper
 - Still working document
- Business Retreat
 - Date - October 22, 2021 - October 24, 2021
 - Location: Atlanta GA
 - All food and lodging will be inclusive - board members will need to plan and purchase their travel arrangements to Atlanta
 - **Annual board business meeting date was voted on and approved by the board-1:43 pm EST**
- Birthdays
 - LaTecia- March 19, 2021
 - Debbie- December 14
 - Toria- April 1
 - Siobhan- July 20
 - Lex - August 27

Board Members Needs from the Team

- President Report
- Director Report
- Secretary
- Treasure

- Community Service
- Intern

Task: