

iRise Wellness Board Meeting

January 15, 2022

Zoom Link:

Check-in Question: Year of Yes

- Jan: Chapter 1: No
- Feb: Chapter 2: Maybe?
- Mar: Chapter 3: Umm, Yes...? & Chapter 4: Yes to the Sun
- April: Chapter 5: Yes to Speaking the Whole Truth
- May: Chapter 6: Yes to Surrendering the Mommy War
- June: Chapter 7: Yes to All Play and No Work
- July: Chapter 8: Yes to My Body
- Aug: Chapter 9: Yes to Joining the Club, Chapter 10: Yes to More Year of Yes
- Sep: Chapter 11: Yes to No, Yes to Difficult & Chapter 12: Yes to People
- Oct: Chapter 13: Yes to Dancing it out
- Nov: Chapter 14: Yes to Who I Am
- Dec: Chapter 15: Yes to Beautiful

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 - Present

Secretary - Present

Treasure - Present

Community Service- Present

Production - Present

Discussions items

- Marketing & Communication (Debbie/LaTecia)
 - [Content Calendar](#)
 - [Review Canva](#)
 - [Review Website](#)
 - Our story
 - Donation/Funding and support
 - Donation Button (Toría)
 - Engaging Stories
 - Ideas
 - Days in the life
- Higher Education Summit (Siobahn/LaTecia)
 - November 11-12
 - [Schedule](#)
 - Need a theme
 - [Educator Highlight](#)
 - Partnerships?
 - YMCA
 - Boys and Girls Club
 - High Schools
 - Black Businesses
 - Big Brother & Big Sister
 - Greek Life (Divine 9)
 - Partnering with local sports team/players charities
 - NAACP
 - NSBE
 - UGA
- The iRise Experience & Care Packages (Toría/Devore)
 - Music behind the interview along with intro music

- Can be distracting
 - Will vote
 - Graphic for the beginning and ending/Logo
 - Info for speaker in description
 - Title in video
 - Polls in video
 - Future Goals:
 - Create a Discord in the future
 - Book give-away to help with engagement (surrounding topic)
 - Affiliate marketing within our videos
 - iRise Zoom Account
 - Personal Account Currently
 - Once you have scheduled the day and time for the interview, it is your responsibility to go into the Zoom account to create the meeting using the iRise Experience Template
 - [Interview Email & Questions](#)
 - [Get videos to Devore 15 days ahead of when it is due](#)
 - Care Packages
 - When: Summer (May) and Winter (November/December) Box
 - Theme: Love Yourself
 - Operation: Pre-Sale boxes, find one vendor to put boxes together (we'll include a promo card), have recipients of boxes post on social media
 - Vendors? -will need to be vetted
 - iRise products- wholesale items
 - Next year goal: creating our own box
 - Will create a timeline of action steps
- Community Partnerships (Kamia/LaTecia)
 - [Media Kit](#)
 - Voted on option 4 at 1:34pm EST
 - [Blog](#)
 - Once a month
 - <https://www.irisewellness.com/blog>
 - Feb: Wholeness
 - Guide Lines
- Business Retreat
 - Philly

- DC
- Other
 - Dates?
- Volunteers
 - Jordan
 - Jayda
 - Aaron

Events

- Higher Education Summit Nov 7-12 (Need a Date)
- Care Packages (Dates)
- iRise Experience 30 min with Q&A (Each get 3)
 - 1/4: LaTecia (Future of iRise)
 - 1/18: LaTecia
 - 2/1: Toria
 - 2/15: Recycle Video
 - 3/1: Debbie & Devore
 - 3/15: Recycle Video
 - 4/5: Siobhan
 - 4/19: Recycle Video
 - 5/3: Siobhan
 - 5/17: Recycle Video
 - 6/7: Debbie & Kamia
 - 6/21: Recycle Video
 - 7/5: LaTecia & Devore
 - 7/19: Recycle Video
 - 8/2: Debbie
 - 8/16: Recycle Video
 - 9/6: Kamia & Devore
 - 9/13: Recycle Video
 - 10/4: Kamia
 - 10/18: Recycle Video
 - 11/1: Toria & Siobhan
 - 11/15: Recycle Video
 - 12/6: Toria
 - 12/20: Closing New Year Video

- 10 videos from last 2021 that need to be edited and reposted on youtube.

Birthdays

- Kamia- March 15
- LaTecia- March 19
- Toria- April 1
- Siobhan- July 20
- Debbie- December 14
- Devore- May 1

Board Members Needs from the Team

Director Report

- President
- Director
- Secretary
- Treasure
- Community Service
- Production