

iRise Wellness Board Meeting

Date of the Meeting: July 17, 2021

Link: <https://auburn.zoom.us/j/84052948728>

Check-in Question: What's something fun and exciting you're looking forward to or already have done this summer?

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-

Intern -

Discussions items

- UC Riverside-facilitate a 1-1.5 hour virtual workshop on holistic wellness
 - July 14 from 9-11am PST
 - Debrief
 - Presentation went great. The topic of “boundaries” was also discussed. The university mentioned the topic of “boundaries” needing to be discussed on a quarterly basis. More to come on this.

- Audience: Majority of the audience was full-time staff - residence life department

RESULTS:

- Gained 4 new IG followers and 2 DMs on IG - feedback “presentation was very helpful and insightful”

NEXT STEPS:

- Start to pitch these presentations to other universities/colleges
- Create a list of session topics based on board members expertise
- Add event highlight to website - Debbie will follow up on this
- Gather post-survey results for testimonials for social/website pages

IDEA:

- Create pre-made webinars for various topics for purchase

■ Review Survey

- University resource
- What do your people need?
- Pre survey build the workshop?
- UPDATE: Event Post-survey - no response so far - **need to follow up on getting post-survey forms from attendees**
- Feedback: students mentioned needing more time to complete for activities

● Social Media

- Audience engagement has been down on social media pages (FB/IG) - need to take action

NEXT STEPS

- Schedule a brainstorm meeting with board members for social media content ideas

IDEAS

- Motivation Monday
- Wellness Wednesday
- Giveaways
- Feature Friday
- Tag 3 friends that need to know about..... topic
- Social Media Analytic (Debbie)
 - Internship Folder
 - Social Media Audit/Analytics - Debbie will do an evaluations on our FB/IG content and engagement and put together some ideas to better position ourselves

online to build more engagement (e.g. best times to post, top stories and posts, sharing and talking w/ followers in the DMs)

- Social Media Project
 - July Earth & Environmental Justice
 - Food Insecurities
 - Growing up empty -Quotes from the book
 - Connecting your body with the earth (Crystals)
 - August Return to work: Grounding Yourself
 - Eat/get up and move/self care
 - Kid Friendly
 - 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
- Canva
 - irise.wellness@gmail.com
 - Cava Workshop Presentation Slides - great layout and starting design for workshops - was able to add interactive elements inside the presentation for audience
 - FOLLOW UP
 - Toria - will start working on creating a Canva template for higher ed summit keynote speakers - should include our logo, brand colors and embody the 5 E's
 - NEXT STEPS
 - Create templates - all templates should include our logo and brand colors (e.g. for wellness workshops, summit keynote speakers, etc.)
 - Each template should include our **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.
- Non-Profit Paper
 - Document
 - Latecia is working with a law student to complete the non-profit paperwork
 - Working on by-laws - will need all board members to review and approve bylaws
- more to come on this

Events

- Saturday Night Vibe @5pm (PST/EST)
 - 30 min with Q&A
 - 7/17-Siobhan- What crystals are right for you (Partner with Queen Hippie Gypsy)
 - 8/7: Toria (Staying Grounded)
 - 8/21: LaTecia: Investment Mindset with T
 - 9/4-Debbie Procrastination
 - **9/18: Siobhan (Higher ed Summit)**
 - 10/2- Toria- Self care before the holidays (partner with the lady that spoke at SoACE)
 - 10/16: Debbie (Time Management)
 - 11/6: LaTecia
 - 11/20-Toria- Astrology? Gratitude?
 - 12/4: LaTecia
 - 12/18-Debbie (Goal Setting)
 - 12/25: Christmas
- Higher Education Summit: Fall-September 18th , 2021
 - Higher ed/ students
 - Received our first \$100 donation for higher ed summit on July 12, 2021
 - Things to complete
 - Finalize keynote speakers and summit schedule
 - Once finalized - update website and Eventbrite page
 - Event tickets
 - Update Eventbrite ticket admission
 - Include a ticket for Undergrad/Applying to Grad School
 - Target audience for higher ed summit
 - High school students transitioning to college
 - Undergrad students transitions to graduate school
 - Keynote Speakers
 - Goal: at least 1-2 speakers for each session topic

- To select the best speakers, we will do this on a tier system - choose the best speakers based on expertise and availability
- IDEAS:
 - Various session formats including:
 - Keynote w/ panelist (one main keynote speaker with other expert panelists - if we have 3+ experts who can speak on a topic)
 - Partnership (2 speakers - collaborating on a single session)
- NEXT STEPS
 - All board members need to submit their proposed speaker names and links to their work - July 24, 2021
 - Deadline to approve speakers - July 31, 2021
 - All approved speakers must submit a professional headshot and brief bio of their experience - we will use this on the website and social media promotions
 - Latecia will create a poll to gather all speaker details and the board members will vote on the best speaker for each session
- Panel Discussion Ideas
 - 1st Session - a panel discussion w/ 4-5 experts (e.g. what you wish you would've known before going to college, lessons learned, etc.)
 - For Post Grad School attendees - a mentor/coffee chat - opportunity to connect and learn about how to apply for grad school, opportunities, etc.
 - Panel can dive into some of the summit topics and speak about their experiences and advice (e.g. knowing your rights on/off campus - discuss resources on who to call when dealing with various situations - if you get pulled over what to do, understanding the campus code of conduct/handbook, etc.)
- Call for program proposals
 - What are the topics?
 - What questions to ask yourself before the college process? (Tabora Cook State , Aaron Jones UCSC, Shanta Thomas UCR, Dr. L. Taylor)
 - Financial (Tiffany Johnson State, Chris Crosby Private Finance Consultant, Terry Fransic, Brandon Lewis)
 - Healthy Lifestyle (Zavian Burns, Ashley East)
 - Connection/Involvement (Shawanda Daniel-Kennesaw, Isha Sharpe-Hampton Involvement, Lex Wallace)

- Knowing your right on and off campus (RaSheda Forbes-MSU, Montelleo Hobley Jr, Ray from Google, Siobhan S., Potential Law Student)
- **Higher Ed Summit Topics was voted on and approved by the board- 1:39 pm EST**
- IDEA: Have keynote speaks submit topic proposals for upcoming events/workshops

- Keynote open and closing
 - Dr. Taylor-Auburn, Dr. Marian Higgins-UGA, Dr. Jamal Myrick-UCR, Timothy Fair-LSU Health Campus

- Care Package
 - Care Package will include (3) items - journal, pen, and water bottle
 - JOURNAL
 - Simonne from Black Academy provided (2) quotes for (50) personalized branded journals (including shipping)
 - (50) softcover journal \$962.35
 - (5) hardcover journal \$1,493.27
 - Board members decided to create journal using the Canva platform
 - Will continue to look into alternative options (if needed)
 - Journal should include entries such as: affirmations, goal setting, habit tracker, notes, writing prompts, gratitude, etc.
 - Journals should be branded with or logo and brand colors
 - LOGO WATER BOTTLES - \$11.00/ 50 bottles
 - LOGO PENS - \$25/50 pens
 - FOLLOW UP IDEA: Sponsorship with Canva - utilizing the Cava platform for the event and care package for attendees- more to come on this
 - FOLLOW UP: Where will the funds for the care package come from?

- 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**

- Holiday Event October-December
 - Pick an Org in ATL

- [Draw Change](#)
- [Jareds Heart Of Success Inc](#)
- [StandUp For Kids](#)
- [Other Options](#)
- Birthdays
 - LaTecia- March 19, 2021
 - Debbie- December 14
 - Toria- April 1
 - Siobhan- July 20
 - Lex - NEED THIS

Board Reports

- President Report
- Director Report
- Secretary
- Treasure
- Community Service
- Intern

Task: