

iRise Wellness Board Meeting

Saturday March 19, 2022 Paper Meeting

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-
Director -
Secretary -
Treasurer -
Community Service-
Production -

Discussions items

- Check in:
 - April Meeting we will review chapter 3-5
- Weekly Needs & Update from (LaTecia)
 - Once a week on Monday Evening
- Marketing & Communication (Debbie/LaTecia)
 - [Content Calendar](#)
 - EDU History/Awareness - Walk to work, HBCUs and Autism
 - BLK Business - Zion Buy Black - Spa on the Hill and Gift Unveiled
 - iRise Experience - Health First and Investment Mindset
 - Blog Post - Navigating Workplace Politics (Kamia)- IN PROGRESS
 - Educator Spotlight - IN PROGRESS
 - [Review Website](#)
 - Higher Ed Summit - Registration - Working on finalized purchase link
 - Board Minutes - Updated
 - iRise Experience - Updated
- Higher Education Summit (Siobahn/LaTecia)
 - Summit page is ready and up
 - We have one speaker already confirmed for summit
 - We have now opened up the demographics to first and second
 - [Educator Highlight](#)
 - Working in progress
 - 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 (LaTecia/Devore)
 - Devore's Notes
 - Music behind the interview along with intro music
 - Music in the beginning and end, unless noted
 - Set videos to premiere to increase intrigue
 - Graphic for the beginning and ending/Logo
 - Complete
 - Info for speaker in description
 - Complete
 - Title in video
 - Complete
 - Polls in video
 - Any suggestions?
 - Future Goals:
 - Create a Discord/Slack in the future - to create a higher education resource
 - Converting Videos to Audio to create a podcast version of iRise Experience
 - Affiliate marketing within our videos
 - [Interview Email & Questions](#)
 - [Get videos to Devore 15 days ahead of when it is due](#)
 - Have recycled videos anything new please get to me as soon as you can
 - Care Packages
 - Looking to create signage that is created by iRise Wellness
 - Calander of affirmations
 - 365 days of affirmations created by us as a board
 - Stationery office items with logos that we can send out wholesale
 - Things that we can create with low overhead
- Community Partnerships (Kamia/Toria)
 - [Blog Topics 2022](#)
 - Once a month - On TRACK as of 2/19/22 (Published: Wholeness on 2/10/22)

- <https://www.irisewellness.com/blog>
 - March: Saying YES to Opportunities (Latecia working on this)
 - [Guidelines for Partnerships](#) - **get this notarized?** → **follow up on this**
 - February Newsletter (design edits complete; awaiting a picture)
 - Projected to publish in March 2022 (once the care package update is ready from the committee)
 - Grants
 - [Sparkplug Foundation](#)
 - Justice-oriented, community-centric work
 - Mid: \$10,000-15,000 average
 - Application Deadline: April 22, 2022
 - [Georgia's Own Foundation](#)
 - Small: up to \$5,000 (education/summit)
 - Applications accepted through December 31st; considered for an award early in the year
- 2022 Business Retreat
 - Location - TBD (North/DC/Philly or South)
 - Date - TBD (Fall/Winter 2022?)
 - Lodging - President working on finding best location (e.g. Airbnb/lodge) for board members
- Volunteers
 - Jordan
 - Jayda
 - Aaron

Events

- Higher Education Summit Nov 11-12
- Care Packages (Dates - TBA)
- iRise Experience 30 min with Q&A - **Revisit this schedule - need to be updated**
 - ~~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
- Devore- May 1

Board Members Needs from the Team

Director Report

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