

iRise Wellness Board Meeting

Date of the Meeting: November 20, 2021

Link: <https://auburn.zoom.us/j/83191265214>

Check-in Question: New year goal?

Book recommendation: [The Vanishing Half](#) by Brit Bennett

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:

- E**ducation of others,
- E**mpowering people to challenge themselves,
- E**ncouraging self-expression
- E**nhancing one's community
- E**ngaging creative practices through a healthy mind, body, and soul.

Attendance

President- Latecia34@gmail.com

Director - Siocsk48@gmail.com

Secretary - debbieannshaw@gmail.com

Treasure - toriacarter93@gmail.com

Community Service- slaughterkamia315@gmail.com

Production -

Discussions items

- Review Bylaws (Siobhan)
 - Board has reviewed all bylaws and reviewed
 - Next Steps: Toria will create a Docusign for all board members to sign (deadline
 - ByLaws have been Approved on 11.20.2021 at 1:24pm EST

- New Board Position 1
 - Production:
 - Serve as a chaplain for the organization
 - Assist in fundraising and relationship building efforts for iRise
 - Working directly with the Secretary of Marketing & Communications
 - Engagement to produce a blog, voice and on-camera work to advertise and market iRise events and initiatives
 - Interconnecting board members with each other
 - Roles will develop over time to include more or less responsibilities—depending on the needs of iRise
 - Supporting board members with tasks as needed
 - New Role Position Approved for Production on 11/20/21 at 1:23 pm EST
 - Voted into the Board of Director on 11/20/21 at 1:26 pm EST
- Social Media & Marketing
- Debbie get with board members for content for Jan 2022
- Creating content for Feb 2022 during December board meeting - review the content we created for Jan posts - meeting agenda
- Website: Update bios and headshots from all board members - send to Debbie to irisewellness@gmail.com
- Media Kit: Debbie will present media kit for ATL media outlets - using the photos from photoshoot
- Self Box: Toria and Debbie will work on this once the vendors

Events

- Saturday Night Vibe @5pm (PST/EST)
 - 30 min with Q&A
 - 11/20-Toria- Gratitude?
 - 12/4: LaTecia
 - 12/18-Debbie (Goal Setting)
 - 12/25: Christmas
- Holiday Event December
 - Every Wednesday
- Birthdays
 - Kamia- March 15
 - LaTecia- March 19
 - Toria- April 1
 - Siobhan- July 20

- Debbie- December 14

Board Members Needs from the Team

- President Report
 - Director Report
 - Secretary
 - Treasure
 - Self Care Box (2022 Winter Edition)
 - Example of a self care box:
https://www.instagram.com/reel/CVbPY7NhPr4/?utm_medium=copy_link
 - ACTION ITEM: Toria will order a sample box to see the quality of the box
 - FOLLOW UP: Look into the bulk prices for the boxes
 - FOR CANDLE: Look into wholesale options
 - BODY CREAM: Connect with Crystal - black owned body cream
 - JOURNAL: Create in Canva
 - IRISE JOURNAL: Sell on Amazon - create a book to sell online (TBD)
 - IRISE STICKERS: Create stickers from Etsy
 - BLACK ATLANTA: Partner with these local brands for this self care box
 - IDEA: Send boxes (market Jan/Feb) week of Valentines - Love Yourself Box
 - NEXT STEP: Create a network in ATL black business to partner with for Valentines (Kamia work on this) finalize the vendor list 1/15/21 Toria will get with Debbie with Marketing)
 - Get with new board member about a mens POV on products for self care
 - [Boxes](#)
 - 100/\$125
 - [Candles](#)
 - \$12.50
 - [Body Cream](#)
 - [Reflecting Journal](#)
 - \$34.95
- Community Service