



ISMETA

International Somatic Movement
Education & Therapy Association

Board of Directors Virtual Meeting

MONDAY JUNE 19, 2023
11:00 AM – 1:00 PM EST

MINUTES

Executive Committee: Maria Luisa Díaz de León Z. (President), Jane Okondo (Vice President), Richard Sims (Treasurer), Mandy Chan (Secretary), Ellen Barlow (Member at Large) Elisa Cotroneo (Executive Director)

Board Members: Bibiana Badenes, E.E. Balcos, Gayatri Maya Andersson, Kima Kraimer, Sylvain Meret

Special Guests: Nirvan Ananda, Elisabeth Osgood-Campbell

Absent: Florian Filtzinger, Kehinde Ishangi, Ray Schwartz

Goals:

- Connect with one another as a full Board
- Election of Board Officers
- Share Operations Team roles and responsibilities guidelines
- Discuss actions to advance our Mission and Vision in alignment with our Values
- Celebrate Elisa's retirement!

Welcome and Call to Order

~ **Welcome and Opening Remarks** ~ Maria Luisa Díaz de León Z., President

~ **Somatic Arrival** ~ Elisa Cotroneo, Executive Director

~ **Consent Agenda** ~ Mandy Chan, Secretary

The first official business of the meeting is to approve the consent agenda. This is where we vote to accept the Committee Reports into the organizational record and the agenda for our current meeting. The Committee Reports should be read in advance and any questions addressed to the Committee Chair prior

to the meeting. Any items needing further discussion may be identified, removed from the Consent Agenda and added to the New Business portion of the meeting.

* E.E. Balcos noted to change the Communication Committee report - 'Ellen Barlow at BMCA conference'. The Committee report was revised in the organizational record.

Motion: Accept the Consent Agenda

Made by: E.E. Balcos

Second: Kima Kraimer

All in Favor: Yes

Those opposed: None

Abstained: None

Results of the Board Officers election announced:

President: Jane Okondo

Vice-president: Kehinde Ishangi

Treasurer: Richard Sims

Secretary: Gayatri Maya Andersson

Member at large: Ellen Barlow

Begin term November 1st, 2023

Action Items

~ **Succession and Transition of Organization** Elisa Cotroneo, Executive Director, Elisabeth Osgood Campbell, Assistant Director and Nirvan Ananda, Managing Director

- Elisa ~ Annual To Do List
- Nirvan ~ [Operations Team](#): Areas of Focus and Roles and Responsibilities. The excel document will be shared with the Board.
- Elisabeth ~ Core Embodiment

~ **Strategic Implementation Planning** ~ Nirvan Ananda, Managing Director

- Nirvan ~ ISMETA Theory of Change
 - Moving from Core to affect Outcomes
 - Objective, Opportunities, Operations, Output, Outreach, Outcomes
- Elisabeth ~ In Person Board Meeting (Sep 28 to Oct 1, 2023) – We will be exploring how our Board service evolves (as the organization evolves) especially our committee work on implementation at the September meeting.
 - Information about travel logistics for the September Board meeting ([Link](#))

~ **Board Development / Committee Structure / Community Workgroups** ~ Elisa Cotroneo, Executive Director

- Board Development Committee is disbanding as structured after November 1, 2023. It will become an Ad-Hoc Committee with Operations Team Support. Call for Nominations of new Board members goes out. Ad-hoc groups of Board Members and Leadership Council Member Volunteers will come together for Interviews. The last step will be a full Board interview and membership election.
- Add Collaborative Circles/workgroups
- Somatic Café
- Community Conversations
- Special Events
- Forum
- Study/Practice Groups
- Professional Development
- Other committees considering restructuring in November – Dana Davison and Elisabeth Osgood-Campbell will step down as Co-Chairs for the Research and Publications Committee. In the new term, Board members who are interested in joining this committee can restructure it.

~ **New Business, Announcements + Closure** ~ Maria Luisa Díaz de León Z., President

Our Next Meetings:

- Leadership Council Meeting: September 13, 2023 ~ 12:00 noon - 1:15 pm EST ~ All Board Members are invited
- ISMETA Board Retreat: September 28 – October 1, 2023, New Hampshire, USA
- Annual Membership Meeting: October 23, 2023, ~ 11:00 am – 1:00 pm EST ~ All Board Members are encouraged to attend

Meeting adjourned by Maria Luisa Díaz de León Z., President at 12:20 pm.

~ **Board Celebrates Elisa's retirement** ~

Celebration planning team: Maria Luisa Díaz de León Z, Elisabeth Osgood-Campbell, Rich Sims, Bibiana Badenes, Gayatri Maya Andersson & Ellen Barlow

Guests: Rick Cotroneo, Ivana Sejenovich, Susan Bauer, Anna Rider, Mary Abrams, Mark Taylor, Beth Riley, Dana Davison, Danique Peynado, Donna Brooks, Nirvan Ananda, Florian Filtzinger, Ray Schwartz and the current ISMETA Board of directors

Approval of Minutes:

Approval of Minutes: Maria Luisa Díaz de León Z., Jane Okondo, Richard Sims, Mandy Chan, Ellen Barlow, Bibiana Badenes, E.E. Balcos, Gayatri Maya Andersson, Ray Schwartz, Sylvain Meret, Kima Kraimer & Florian Filtzinger