

IASK AGM 2023

- Minutes -

Location	Via Zoom
Date	Monday, 23. October 2023
Time	14:00 CEST
Participants (some not all the time, some for a short while)	<p>Lee-Anne MacLeod (Chair) - LAM Emma Acquarone (Minutes) - EA Lydia Bose - LB Sabine Rosen - SR Arik Xander - AX Kate North - KN Francesca Simeon - FS Irina Chobanu - IC Antonietta Bowles - AB Marchia Fletcher - MF Marian Egan - ME Michelle Greenwell - MG Linda Easthouse - LH Karina Maurizio Ugo Rodriguez - MUR Ludmilla Wolf - LW Inge Harris - IH Tee Van Dyk - TVD Frances Sweenie - FS Annemarie Goldschmidt - AG Brendan O'Hara - BOH</p> <p>Not participating: - sent their apologies Terry Larder Heidi Johnson Phil Clubley Verona Gibson</p>

Time (CEST)	Item	Notes
14:00 – 14:05	Greetings from the Board! Proclamation of <ul style="list-style-type: none"> • Chairman • Recording Secretary Apologies, proxy votes, etc.	<ul style="list-style-type: none"> • Lee-Anne MacLeod • Emma Acquarone Terry Larder, Heidi Johnson, Phil Clubley and Verona Gibson excused themselves. No proxy votes
14:05 - 14:19	Meditation ‘Promoting Peaceful Collaboration synergistically.’	By Sabine Rosen
14:19 – 14:20	Acceptance of the minutes from the online AGM in 2021. Minutes Motion: ”This is a true and accurate record of the AGM 2022.”	Accepted Motion: Sabine Rosen Second: Lee-Anne McLeod No Objections

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14:20 - 14:45	President's report by Sabine Rosen	<p>In 2011 I have started work in IASK and it felt like a couple of members the board was carrying the Olympic torch of IASK on their own. We then decided, in 2014 that we needed to connect to the national associations around the world to carry the olympic torch of kinesiology together. Since then it has been about strengthening the relationships between members around the world. IASK is about collaboration and connection.</p> <p>In the board we are doing voluntary work, and we are carrying on our daily work in our practices, schools, associations etc in parallel, so we are really diving into the world of kinesiology. My role as a President, collaborating with brilliant people around the world, is to check the resources of the board members in order for them not to deplete their energy. We should do strengthening work not draining work.</p> <p><u>Projects</u></p> <p>We are trying to form hubs, where people outside the board are collaborating with the board members on projects. That would be a great thing to spread the energy around the world. Please come forward if you want to collaborate with us, think of projects to work on and have fun doing it!</p> <p>We think that it is important to have core values, like the heart is telling the person in which direction to go. We think that IASK has its own guiding energy that stays, independent of its board members. Our core values are connection, vitality and integrity. You can read further on this on our website (https://iask.org/join-us). This year's word is synergy (Kate - thank you).</p> <p>We want to strengthen the informal connection among our members, so we are offering Cup of Coffee events once a month. There are two types: a presentation CoC and a discussion CoC. We select the theme of the discussion and that is just an informal chat, where we can give each other ideas and inspiration. For the presentation ones invite speakers. Speakers this year have been: Antonietta Bowles (on Gut health), Sabine Rosen (on Female Hormone System and herbs for it), Wes Paterson (on Sleeping issues), Irina Chobanou (on Anxiety), Michelle Greenwell (on Mental Health).</p>

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		<p>We participated in the Knowlative international kinesiology conference in Tenerife this year. IASK and IKC were invited as co-organisers. We did not organise before the conference, but we were on site representing IASK helping out on practical things during the days of the conference (Emma - thank you)</p> <p>Interview project: Last year we have been reconnecting with some associations, interviewing them about the difficulties and the solutions that have been arising during Covid, and what was important to their members now.</p> <p>This interview project around Covid energised us, and we wanted to make even more interviews. SrR, MH, EA have been in touch with some associations in informal meeting with some associations in order to just connect.</p> <p>We also want to make interview with keys persons, such as the founding fathers and mothers of IASK. For example we have been interviewing Bonnie Eppstein, and AX is working toward meeting up and interviewing other key people: Richard Duree, Sheldon Deal, Charles Krebs. Key subjects are the origins of kinesiology and how times have changed etc. It is important to hear their ideas, perspective, memories, vision and energy.</p> <p>Website and Newsletter, Social Media. We have a Facebook page, a Facebook group (IASK connections), and an Instagram account (IASK.Kinesiology). Go and follow and contribute. Through SoMe we are encouraging people around the world to come together and cooperate.</p> <p>Three events on Social Media where we encouraged the people to interact: Kinesiology day (3. Sat of March); Kinesiology Week (the same week) where we asked people to answer 7 Questions using #iaskkinesiologyweek; World Mental health day.</p> <p><u>Newsletter</u>: this year it has been growing, we have sent 23 NL this year, so there is new energy in there! The interaction with the recipients is really good, they are engaging and replying and participating (Arik - thank you).</p>

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		<p>Website. This is a challenge. We need a better system. We need something better and easier to use, a place where the members can find the calendar for IASKs and our members events, research or other documents, a place to meet up and share kinesiology around the world, a place where we can handle everything that this to do with the membership. (Emma, Antonietta and Lydia - thank you).</p> <p>Bylaws: We did a deep, difficult and thorough review and correction of the bylaws, needed because of how times have changed also for IASK (Lee-Anne - thank you)</p> <p>Office: Checking the details and doing work on a daily basis in the office and being there for the daily communication with our members (Emma and Antonietta - thank you).</p> <p>Strategy and vision: We have been taking the high perspective for IASK and using our energetic skills, went into our emotions and worked on a mental level in order to work towards a new strategy for 2023-2024 (Kate, Sabine, Emma - thank you) We will have to finalise the strategy and vision with the new board.</p> <p>Course: as a complete to arranging conferences, in September we had the first course, a four evening event, "Enhancing wellness post-Covid" with ISI, from Italy. Lovely experience to connect with another organisation.</p> <p>Our Goals in 2022 for 2023 were:</p> <ul style="list-style-type: none"> • to have more communication and interaction with a larger network; • joint activities with our associations and educators where students and members can meet internationally; • more visibility on SoMe so we can provide support to our different member types; • continue to cooperate with enthusiastic people to promote health and wellbeing. • They were all met!
14:45 – 14:45	<p>President's Report</p> <p>Report Acceptance Motion:</p> <p>Second:</p> <p>Against:</p>	<p>Sabine Rosen</p> <p>Lydia Bose</p> <p>Arik Xander</p> <p>/</p>

Time (CEST)	Item	Notes
14:45 - 14:57	Financial report and statement for 2022 by Lydia Bose, Treasurer: Balance 2022: 24047,98 Euro . <i>Total income for 2022: 2655 Euro</i> <ul style="list-style-type: none"> • Membership fees • We had no income from Conferences or other things • A lot more than 2021 (1429 Euro) • Income from memberships has increased a lot and is still increasing. <i>Total expenses for 2022: 3863,67 Euro</i> <ul style="list-style-type: none"> • Administration (Zoom, SimplyBookMe, Internet, Website, Pictures): 357, 36 Euro • Website technical support: 1822,82 Euro • Expenses conference participation (Emma Travel): 464 Euro • Provision CC: 57 Euro • Office manager: 800 Euro • Bank fees: 112,80 Euro • Paypal fees: 49,69 Euro Result of the year: - 806, 71 Euro Result was verified by Lisbeth Ingeman Sørensen	
14:57 – 14:57	Financial Report Report Acceptance Motion: Second: Against:	Lydia Bose Michelle Greenwell Marcia Fletcher /
14:58 – 15:00	Movement Break	Lee-Anne McLeod

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15:00 – 15:09	<p>Presentation of the board:</p> <ul style="list-style-type: none"> • Sabine Rosen, President, Stockholm, Sweden • Emma Acquarone, Vice President, Tübingen, Germany • Lydia Bose, Tresurer, Düsseldorf, Germany • Marianne Henne (absent), Secretary, Norway • Lee-Anne MacLeod, Perth, Western Australia • Kate Noth, Nottingham, England • Irina Chobanou, Moscow, Russia • Arik Xander, American, Italy • Anne Jensen (absent), Brisbane, Australia <p>One retiring member:</p> <ul style="list-style-type: none"> • Kate North <p>President and Vice President say their good byes and appreciation.</p> <p>Introduction of Nominations to the Board:</p> <ul style="list-style-type: none"> • Continuing Member: Sabine Rosen, continues into her fourth term as board member and our president, thankfully. • New Nominations: Heidi Johnson HJ: • Current chairman of ASKSA since 2021, she would love to help IASK to develop more of a network around the world Phil Clubley PC: • Practicing Kinesiology since 2009 stepped down from the KF recently, after sitting on the policy board for 5 years. He hope that he will bring energy, professionalism and commitment to supporting kinesiology practitioners practitioners and promoting kinesiology. 	
15:09 – 15:10	<p>Nominations to the Board</p> <p>Continuing: Sabine Rosen Motion: Second</p> <p>New: Heidi Johnson, Phil Clubley Motion: Second</p>	<p>Emma Acquarone Lydia Bose</p> <p>Kate North Inge Harris</p>

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	<p><u>Discussion:</u></p> <p>Thank you and congratulations to all of you.</p>	
15:10 – 15:23	<p>Update of the bylaws</p> <p>We wanted a simplified and updated version. Please find the document on https://drive.google.com/drive/u/0/search?q=vision. This has been done in collaboration with Nicolette Peyre, who is a previous IASK president, and is helping us with the French authorities.</p> <p>The bylaws need to be translated into French and sent to the French Authorities.</p>	
15:23 – 15:25	<p>Update of the bylaws</p> <p>Motion: Second</p>	<p>Sabine Rosen Arik Xander 14 People voted for, more than 2/3 of present members</p> <p>Nobody against.</p>
15:25 - 15:42	<p>Inspirational moment Value Words and IASKs vision for 2024</p>	<p>Sabine Rosen, with Emma Acquarone Kate North</p>

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		<p>The inspirational moment is confirmed by all the participants from all over the world now. Thank you for joining in.</p> <p>During 2023/2024 it feels that the board is in touch with several members out there, kinesiologists, associations and schools. It would be lovely if some of you would like to join into one of our hubs in the coming year. Together, in synergy we can make a bigger difference.</p> <p>One of the things that came up, that IASK could be a place for holding the energy, like a monastery holds good energy, or a cell, which has the complete DNA of an organism. Part of a bigger network body but also constantly getting into the core of IASK.</p> <p>Looking forward we want to:</p> <ul style="list-style-type: none"> • take care of IASK and ourselves, where we both can grow. • Collect IASKs the full story since 1987, and integrate it with where are we now. • Provide an easy way and an updated platform for people on our website to connect with other like minded people and contribute to the world of kinesiology and with IASK. • Provide online events, and continue to grow with online courses, where cooperation of IASK and other associations. • We want to meet in person, the current board and important people in IASK from the past, in autumn • Since IASK is in contact with associations and schools, find a conference to co-organise somewhere. The last one was in Moscow in 2019 • Help IASK to become the international point of reference for all kinesiologists around the world, so that we can all be a part of one big family, there to support one another, where ever we are. • Heidi's wish: scouting for persons / speakers for our CoC, to arrange member events. • Phil's wish: passionate about growing awareness of kinesiology. This will mean getting more in tight contact with associations.

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	<ul style="list-style-type: none"> • AG: her advice is if we arrange a conference, start two years ahead of time. • She has been in touch with the Mayor of her town and will cooperate with the responsibility for the school system in order to introduce kinesiology in the school system, and this is very exciting. Phil might get in touch with you then. • MG: (one cannot use the word kinesiology for our work in Canada, we are including health energy work) SR, EA and she worked on a project for mental health awareness, trying to choose health care topics that are buzz words and bringing awareness to how our tools help within those areas. We will continue to collaborate with that. Thank you also for changing the language a little bit so that also Canada will be able to participate fully. 	
15:42 - 15:45	Closing remarks, dates of next AGM	Lee-Anne McLeod Sabine Rosen
	<p><u>Discussion:</u> Thank you for being here. Lee-Anne for preparing the AGM. Thank you to all the board members for all your work and your help. Thank you for the participants for being here for our AGM!</p> <p>Next AGM: 21 October 2024</p>	