

BOARD OF DIRECTORS



on
board



MISSION

be(e) well serve well is committed to educating and empowering the overall wellbeing of those who serve in our communities. Our initial focus will be on working with two categories of servant leaders: faith leaders (all faiths) and educators.

VISION

- We see those who serve in our communities being well and whole in mind, body, emotions, and spirit, practicing a lasting healthy lifestyle.
- We see these individuals with health, joy, strength, and energy to do the good work to which each has been called.
- We see these individuals at peace with themselves and others and walking consciously through each day and each task.
- We see strong leaders creating strong communities and leading the way for those they serve to likewise live conscious and lasting healthy lifestyles.
- We see strong leaders creating culture change related to food, health, and body within the faith communities and educational institutions they serve.
- We see a culture that is no longer well-adjusted to a sick society but rather dedicated to a conscious, vibrant, energetic society serving the needs of our communities.

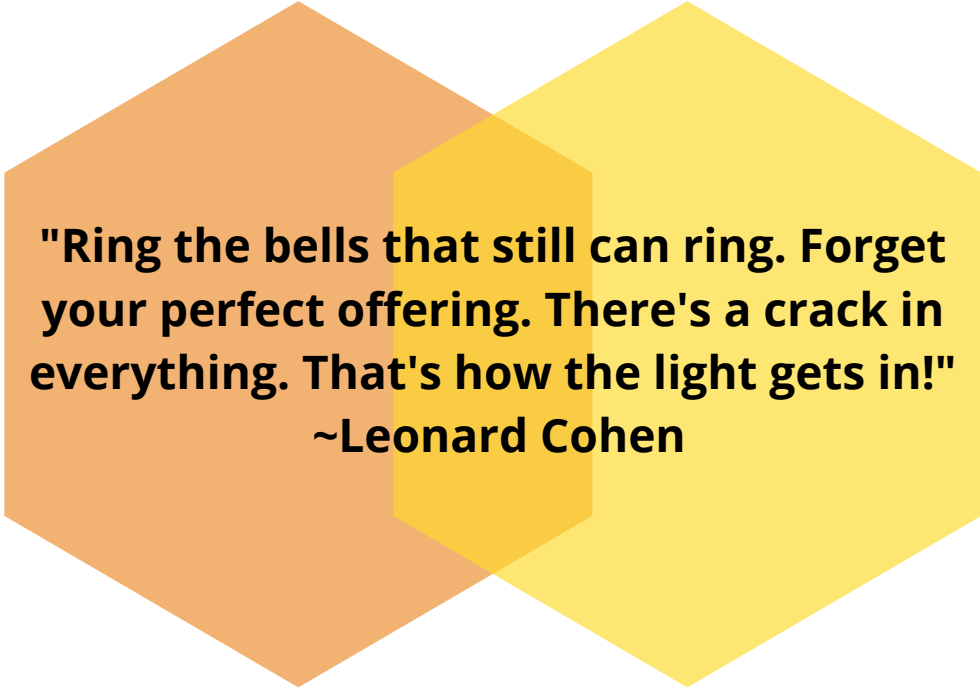
VALUES

To be reviewed and supplemented by board members.

- We believe each of us is here, on this planet, to serve each other and our communities and that we cannot serve well without first being well.
- We believe in self-care as a sacred act of stewardship.
- We believe being well is a result of choosing a conscious life where eating is a spiritual practice, being mindful is our default setting, and serving others is an organic result of our own deep healing.
- We believe those who serve in our communities, and specifically faith leaders (all faiths) and educators, often neglect their own wellbeing, and we seek to support them in their desire to be well and serve well.
- We seek partners within the communities we serve to foster awareness and expand our reach in ways we could not achieve without their participation and partnership.
- We promote and embody to the extent possible a whole food, plant-strong eating lifestyle.
- We promote and embody a mindful, conscious lifestyle that seeks natural remedies to health concerns and fosters skillful choices to address health needs.

VALUES (continued)

- We engage in listening conversations with the target populations we seek to serve in an effort to meet their wellness needs without being tone-deaf to the challenges they face in their individual and collective lives.
- We respond with kindness and a desire to learn when confronted with voices that differ from our own, seeking collaborative solutions rather than adversarial entrenchment.
- We practice non-resistance, non-attachment, and non-judgment to the best of our ability.
- We take seriously the stewardship of our full beings and the privilege to be well and serve well.



**"Ring the bells that still can ring. Forget
your perfect offering. There's a crack in
everything. That's how the light gets in!"
~Leonard Cohen**

BOARD OF DIRECTORS

The role of the Board of Directors is to develop strategy, structure, and standards to further the work of the nonprofit organization. Board members serve to ensure that the organization maintains focus on its mission, ensuring fiscal responsibility in which all decisions align with and reflect the mission. Board members serve to further the wellbeing, growth, and sustainability of the nonprofit initiative.

DESIRED SKILLS & CRITERIA

Proven leadership ability

Diversity of voices with priority given to those who reflect the voices and experiences of the people we serve.

Specific skills and expertise that support the mission and strategic growth of be(e) well serve well.

- Finance
- Tax and Audit
- Legal
- Marketing & Public Relations
- Professional experience serving targeted populations
- Fundraising (Grant Acquisition, Event Planning, and Individual Donor Development)
- Sector expertise in nutrition, spirituality, mindfulness, and holistic health

Experience with grassroots initiatives or organizations

Previous experience working on boards or within a nonprofit organization in a formal capacity

COMMITMENT

- Attend at least 75% of all Board meetings.
- Attend and assist with fundraisers, events, and organization activities.
- Follow-through on personal verbal and written commitments.
- Personally donate to the organization.
- Pledge to deliver on an individual \$500 minimum give-or-get financial commitment, which may be given personally or raised through other individuals/foundations.
- Become familiar with the fundamental wellness practices and teachings of the nonprofit and embody these to the extent possible. All learning materials and course offerings will be made available to Board members for this purpose.
- Raise support and awareness for the organization's mission.
- Stay informed about issues relevant to the mission of the organization.
- Be well-informed on issues/agendas in advance of meetings.
- Respect other points of view and share personal/professional opinions.
- Participate in organizational decision-making. Challenge other board members when necessary, but be willing to support majority decisions and work in the spirit of cooperation.
- Vote according to individual conviction based on the best interests of BEE WELL SERVE WELL, Inc. and the furtherance of the nonprofit organization's goals.
- Maintain the confidential nature of Board deliberations.
- Assume leadership roles, where appropriate, committees, planning, etc.
- Represent and promote the nonprofit in the community but refrain from acting as a spokesperson for the Board or nonprofit unless asked to do so.
- Educate yourself about the needs of the nonprofit's target population.



BOARD NOMINATION PROCESS

Initial Inquiry:

- What does the organization need?
- Who is the potential candidate?
- Does the potential candidate reflect the voices of the people we serve and/or hold a valuable skill or influence that will serve the organization well?

Next steps:

Existing Board members, staff, organization partners, volunteers, and others may recommend a candidate for nomination to the Board of Directors.

Upon recommendation, the candidate will receive notification of their nomination from the Chairperson including this booklet of guidelines for review.

The candidate will be asked to submit to the Chairperson and Executive Director a brief bio, resume, and/or letter expressing their desire to serve noting relevant skills, expertise, and experience. The candidate is asked to include a statement of commitment to the nonprofit and its mission.

A minimum of two Board members, one of which will be the Chairperson, will review the information submitted by each candidate. These Board members will also individually interview the candidate.

The nomination will be presented to the full Board of Directors for discussion and Q&A of those who interviewed the candidate.

The Board will make a determination through a consensus vote, and the nominee will be notified by the Chairperson or Executive Director.

NOTE: A called, unscheduled meeting of the Board of Directors may be necessary to fill vacancies on the Board. Board members will be asked to be flexible and open to this process.