

Board Opportunity Summary - 2024



Are you looking to **join a board** of thoughtful, joyful, creative people **advancing mindfulness in schools**? Are you ready to share your gifts with an organization impacting the wholeness and wellness of students and teachers? Has mindfulness been transformative for you in some way? **We invite you to consider joining Space Between's Board of Trustees.**

Space Between is a non-profit organization with **the mission to facilitate human and school transformation through mindfulness practices**. We envision that all students are well and whole. Our organization has steadily grown since 2016 and we currently have collaborative partnerships primarily in Seattle Public Schools. Our programs include **weekly mindfulness-based social emotional learning lessons in classrooms**, professional learning workshops for educators and staff, and workshops for parents/guardians. Outside of our school partnerships, we work with community-based organizations to offer workshops (i.e. Introduction to Mindfulness, More Than Being Calm: Mindfulness for Implicit Bias), after school mindful movement, intensives, and special events.

We are actively seeking several new board members who are:

- Passionate about, and personally connected to our mission to facilitate human and school transformation through mindfulness practices.
- Committed to diversity, equity, racial justice, and belonging as a cornerstone of our work.
- Embody our core values of Alignment, Authenticity & Connection.

We are especially interested in you if ...

- You come from an ethno-racially diverse background, or identify as LGBTQ+
- You have experience in DEI, law, finance, fundraising, board leadership, or education.

Broadly the board role consists of:

- Serving as strategic and fiduciary guide for the organization
- Working on one of three committees: Program, Governance & Finance, or Resourcing
- Identify and develop key processes for board support
- Identify and access board training and education needs

Board Meetings are typically held on the 3rd Wednesday every other month from 5:30 to 6:30.

For more details, see the following pages and check out our website.

www.spacebetween.community



Opportunity Details

In addition to the highlights above, we are looking for board members who are:

- Curious about developing organizational capacity from a foundation of mindfulness.
- Wanting to be part of a collaborative, supportive board that is joyful and creative.
- Wise listeners who use insight and strategic questioning to help guide the organization.
- Willing to offer both their time and talents, attending meetings and offering expertise where needed (an average 4-6 hours per month).

Other super powers and experiences that we are extra interested in include:

- Ties to schools and education
- Connected to communities in the south end of Seattle
- Leadership experience on a non-profit board before and ready to bring your experience and insight to another organization
- Love of fundraising, and enthusiastic about sharing your skills
- Skills and experience in systems change, or in education

Board Role, Meetings, and Time Commitment

Board members serve as a fiduciary for the organization, champion the work of the organization, support the organization in fundraising through a variety of means (organizing, volunteering at events, and inviting others to event), as well as making a personal, meaningful financial contribution to Space Between.

The Board currently meets throughout the year (January, March, May, June, August, September & November) typically on the second Wednesday evening of each month. Meetings are one hour. Currently meetings are virtual with opportunities for in-person meetings and connection periodically. Volunteer hours average to 4-6 hours per month with committees, other supportive projects, attending events, and advocating for Space Between in the community.

“We love having you as part of our class, and students look forward to seeing you every week. During our reflection circle, students often say that seeing you was their highlight from the day. 😊 Thank you for all your expertise and guidance!
- Teacher

“Mindfulness is my calm and kind space. - 3rd grade student
Mindfulness taught me how to be more kind and has helped me focus. - 5th grade student

About Space Between

Space Between is a registered 501(c)(3) non-profit organization. Our mission is to facilitate human and school transformation through mindfulness practices. We envision that all students are well and whole. Our core values are alignment, authenticity, and connection and we hold all our work accountable to these values! Our mindfulness-based social emotional learning programs are based on research, and are carefully designed to reduce stress and promote resilience, awareness, compassion, and connection. Our budget for the 2023-2024 school year is approximately \$400,000. About 40% of our budget is from earned revenue and 60% from raised funds.

Space Between was founded in late 2016, beginning with collaborating with educators in one alternative high school and in four classrooms in an elementary school. Our organization has steadily grown and we currently have collaborative partnerships with nine schools. We teach weekly mindfulness lessons in classrooms, provide professional learning workshops for educators, and workshops for parents/guardians. Outside of our school partnerships, we work with community-based organizations to offer workshops (i.e. Introduction to Mindfulness, More Than Being Calm: Mindfulness for Implicit Bias), intensives, and special events.

This is an exciting time at Space Between, as we build our staff capacity, embark on our new strategic plan, and strengthen our board to support our growth. Your contribution at this time will make a lasting impact in the lives of students and educators, as we are poised to grow rapidly.



MINDFULNESS
HELPED ME NOT PUNCH
MY BROTHER

Why Space Between

Given the increasing concerns of stress and mental health needs among students and educators, our programs teach mindfulness practices as foundational tools for resilience and well-being. Practices such as present moment awareness, compassion, curiosity, and gratitude, provide students with essential social emotional learning skills.

We believe in the transformative power of mindfulness practices for whole communities. Our approach focuses on the entire school community – the students, plus the teachers, school staff, parents, and guardians. Space Between is the only Seattle Public Schools non-profit partner with a singular purpose of cultivating integration and wholeness for school-aged youth and their connected adults through trauma-informed, mindfulness practices.

We want all students to feel well and whole. Our goal is to expand our programming over the next five years, increasing the depth and breadth of our reach, advocating for mindfulness in education in Washington, and teaching mindfulness practices to more people.

Our mindfulness programs are trauma-sensitive, grounded in research, and responsive to the needs of the communities we serve. Our programming is relevant, accessible and effective. Evaluation data from our students, classroom teachers, and workshops participants indicates that our programming is supportive and transformative.

Board Member Application

Ready to Apply?

We accept applications on a rolling basis, with the expectation that you would be ready to join the Board of Trustees fully in the spring of 2024.

The application process includes:

- Step 1: Please fill out this online application.
- Step 2: The Co-Directors and members of the Board of Trustees will schedule a meeting with you. This is a great opportunity to bring your questions and discern if we are the best fit to support your goals as well. You may also attend a committee meeting or program event to see our work in action.
- Step 3: If the full board agrees to your membership based on a fit between your skills and experience and fit with the culture of the board, you will be invited to join.
- Step 4: A board orientation and your first board meeting will be in the spring of 2024.

We look forward to connecting with you!

If you have questions about the board prior to applying, please contact Faye Makatza, Co-Director (faye@spacebetween.community).

[Apply Now](#)

