



## Psychiatric Survivors of Ottawa

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### Nomination Form for Board of Directors 2024/25

There are **five vacancies** on the Board of Directors to be filled at this time. Deadline for Submission to the PSO office: **October 22, 2024**

Two nominators are required, and they must be PSO members in good standing.

**Please mail this form back to the office so we can get two members to sign off on your nomination.**

#### Eligibility Requirements:

- Be at least 18 years old;
- Not have been declared incapable by a court in Canada or in another country;
- Be an individual (i.e., a corporation cannot be a director);
- Not be in bankrupt status;
- Be a member of PSO in good standing for a period of at least 30 days;
- Be willing to undergo a Vulnerable Police Sector Check.

Date: \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ Alt Phone: \_\_\_\_\_

Nominator 1: \_\_\_\_\_

**(name and signature)**

Nominator 2: \_\_\_\_\_

**(name and signature)**

I, \_\_\_\_\_ am running for the PSO Board of Directors

**Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

## **About the Board Position:**

The basic responsibilities of directors include:

- carrying out the organization's mission and goals
- planning and setting priorities
- supporting the senior staff person (Executive Director)
- financial monitoring
- ensuring adequate resources and managing them for the organization

The board meets monthly, sometimes twice a month, with directors serving on committees and working on initiatives as required.

We provide a training session for newly elected board members.

## **Expectations of Board Members:**

- Commitment to a 2-year term volunteer position
- Available to attend monthly meetings via Zoom or in person
- Be prepared and engaged at board meetings
- Participate in committees, working groups and additional activities as needed
- Be committed to our Vision, Mission and Values
- Time commitment: 3-4 hours/month on average