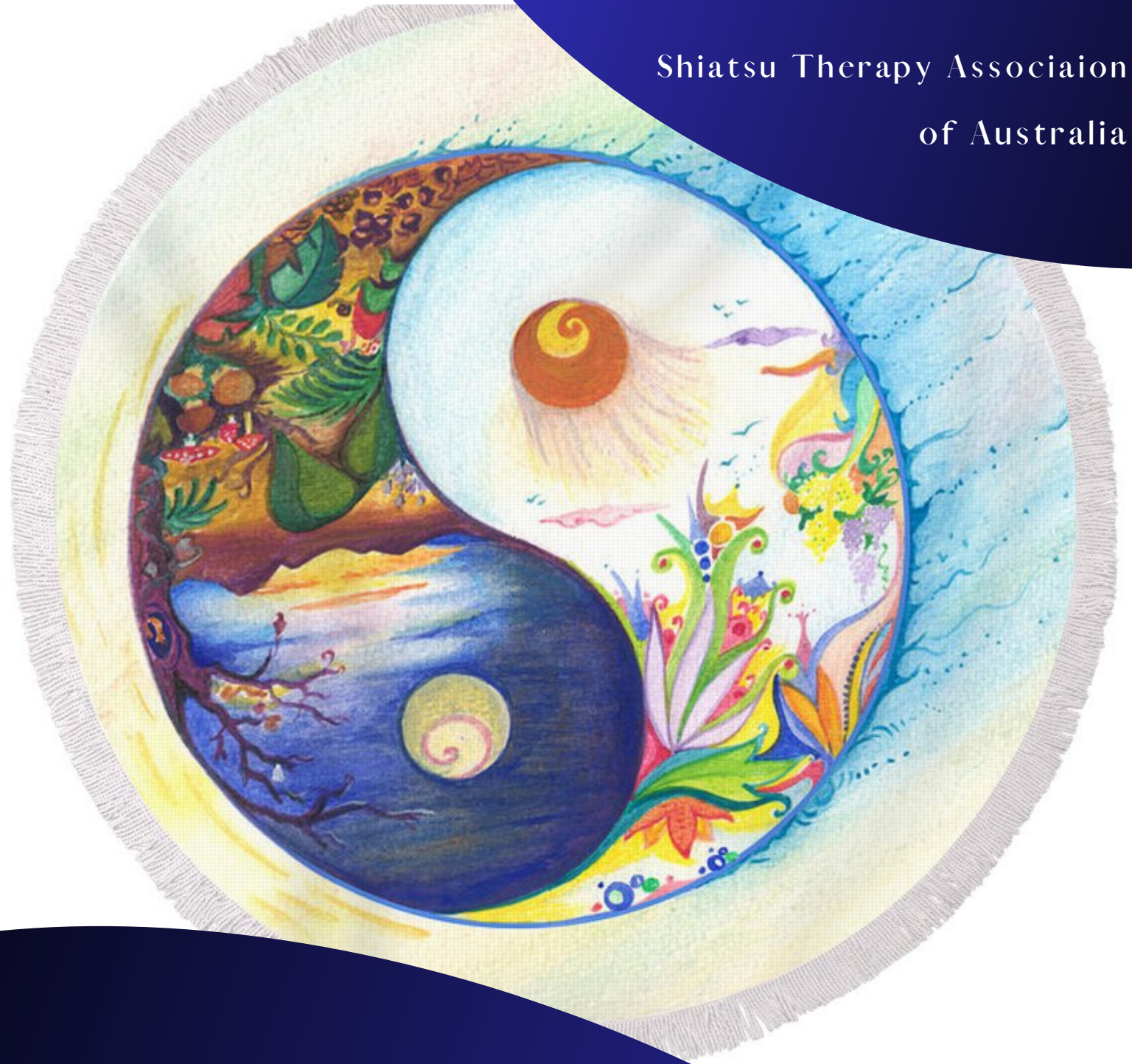


Shiatsu Therapy Association
of Australia



ANNUAL REPORT

2022



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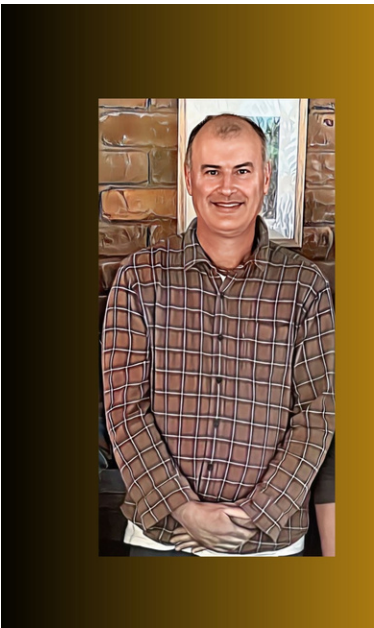
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Paul Spence

President

Pointers & Tsubo, Events Team

Assistant Treasurer

Buddy Support Program

This is my last report as President of the Association.

For the last three years I have done my best to serve STAA, the National Council, and all STAA members. At all times I felt the privilege and responsibility that comes with taking on the role of President. I learned a lot about myself, the Association, and most importantly about the importance of connection and community gained in service. I strengthened existing relationships and made new ones.

Over this time there were many unique challenges to be faced by all practitioners and the ongoing practice of shiatsu. Financial challenges, changes in staff, and most importantly, the global pandemic, although very difficult at times, offered an opportunity to showcase the many good qualities of the members of the National Council. I am confident in saying that at all times and in all circumstances we all did our utmost to ensure that our shiatsu community was well represented, cared for, and supported.

For the last three years the National Council has been meeting on a monthly basis via Zoom. On the first weekend in April 2023 the National Council finally had an opportunity to meet together in person. We also hosted STAA members, shared a meal together, engaged in good dialogue, and re-connection. Over the weekend several themes came to the fore in our discussions - two of the most important were those of lineage and community.

We reflected on the history of STAA and those that had come before us, our colleagues and teachers who have served STAA, handed down their knowledge of

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and love for shiatsu, and provided support and encouragement. Understanding where we have been, how we came to discover shiatsu, to remember our teachers, to figure out together where we are heading and to realise that we are part of something bigger than us individually, is important to reflect upon.

Linked closely to the discussion on lineage were reflections about community. We re-framed this as “Sangha” - the community of like-minded people (practitioners), with a united purpose (shiatsu), mutual respect and care for each other (heart-felt presence), via our mutual support network (STAA). Being able to share a meal with our friends and colleagues and to support each other by exchanging treatments was the highlight of the weekend and a timely reminder of the importance of being part of this wonderful community.

Over the last three years I have received more than I could have ever imagined - continued support from my National Council colleagues, direct contact with STAA members, a deeper understanding of why STAA is so important to the ongoing survival of shiatsu in Australia, and the importance of leaning into those difficult things that arise for us all - knowing that support is always available and that I am not in this alone.

I would like to thank all who joined the National Council over the last three years and contributed to the ongoing improvement in STAA. The important challenges we faced together were made manageable by the dedication and effort of every person on the Council. We were fortunate to have team members with specific expertise, needed at just the right time.

Throughout the pandemic Kaiya Seaton provided extraordinary support and expertise that allowed us to navigate through the ever-changing interstate governmental rules and regulations so important for our community to understand and act on.

Our Treasurer, Allison Brown instigated changes to the management of STAA's finances that transformed us into an Association able to increase its capacity to provide much needed and value-adding member services. Allison was also instrumental in finding a replacement for our long-serving administration officer, Sandra Dexter.

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Our Vice-President, Phuong Tang has given invaluable support to me and the Council. Phuong has a way of seeing directly into issues and opportunities, a clear thinker with a deep and passionate heart for shiatsu and her community.

Throughout the last three years Linda Rago, as a past STAA President, has been someone I could always rely on for sagely advice enabling me to call on and learn from her extensive experience, positive outlook, and endless enthusiasm. Linda is an important member of STAA, a reminder of the high quality colleagues we all have access to in our community.

Every successful organisation has someone who is able to span roles and to simply and efficiently get things done. For us, that person is Ann Hocking. Ann has served as the Secretary of STAA for the last two years and has been a pleasure to work with, as a colleague and someone I call a true friend.

Finally, I would like to make a special mention of Dorothy Douglas. Just over three years ago Dorothy made a visit to Sydney to share a meal and conversation with me. We discussed many things that evening, including the possibility of me taking on the role of President. As someone who had not served on the National Council before, this was a big ask. Contemplating our discussions and holding meetings with other respected elders of our community, I made the decision to jump in and give it a go. One of the main reasons - I knew that Dorothy would be there to support me, no questions asked. Now at the end of my three years I can say that Dorothy fulfilled all of her promises and more. Dorothy's support and friendship over the last three years has been something that I will treasure. Thank you Dorothy.

Financial Position

Here in 2023 and post-pandemic, I can say that STAA is in a better financial position now than when I first began as President in 2020. Cost control strategies and the development of new online programs means that STAA is now in a more sustainable position. As a not-for-profit organisation the accumulation of assets has a simple purpose, to develop programs designed to provide better support for STAA members and for the proliferation of shiatsu across Australia.

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Our Events Team will continue to develop and deliver post-graduate training programs aimed at supporting all STAA members in their ongoing professional development. We also continue to develop our Mentoring and Buddy programs, designed and run by Dorothy Douglas. These programs build a bridge linking recent shiatsu graduates to the community of professional practitioners, to provide guidance, coaching, and the realisation that it is possible to run a successful shiatsu practice.

Departing National Council Members

The AGM marks time for a change and renewal in the management team of STAA. Post-pandemic renewal should be the ongoing focus of the National Council. At our recent weekend away with STAA members it was encouraging to see so many younger practitioners and recent graduates make the effort to join in, ask questions, and to show enthusiasm to get more involved. These new practitioners are the future of STAA. We all need to encourage and support these new practitioners as they begin their shiatsu journey.

To Allison, Ann, Armelle, Belinda, Brooke, Dorothy, Elena, Linda, and Phuong, it has been a pleasure and a privilege to work with you over the last three years. Thank you for your friendship, guidance, and willingness to be open and vulnerable in our meetings. The good results we have been able to generate are a testament to your commitment and efforts.

Thank you STAA Members

As President of STAA over the last three years it has been my good fortune to get to know our community of practitioners. I would like to make a personal note of thanks to everyone who made contact with me over the last three years and thank you for your honest and positive feedback, encouragement, and interest in what your Association is doing for you and more broadly for shiatsu in Australia.

STAA's improved position is the result of the hard work by all who chose to get involved with our various programs. There is always more to do and I encourage every member of STAA to consider volunteering some time to help in any area that interests you. As I have learned, relationships develop and deepen through service and this is what will keep STAA going.

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In Macrobiotics we talk about the spiralic nature of the universe and of our personal and shared journeys. Although we sometimes experience the downward part of the spiral we should always remember that the spiral overall is pointed in a positive and uplifted direction. STAA's spiral is looking particularly positive. A spiral of health and happiness, of a community of like-minded practitioners, able to support and care for each other. The spiral is both our lineage and our sangha, a link between us all as shiatsu practitioners. Please keep up the good and valuable work of shiatsu, individually and collectively.

Blessings & happiness to all.

Paul Spence/President



Phuong Tang

Vice President

Pointers, Events Team,
Buddy Support Program

For the year 2022, my involvement in the National Council was focussed on reaching out to our shiatsu community and deepening connections. It was wonderful to meet new practitioners and students, and to further develop existing relationships.

As a member of the events team, led by Ann Hocking and supported by Belinda McIntosh, we delivered some important online and in person events throughout the year, including:

- Afternoon tea with the Australian Shiatsu College students. It was exciting to see the quality, breadth and enthusiasm of the recent students, particularly given the challenges of online study and limited face-to-face contact over the past years.
- Weekend gathering of the National Council. Finally, being able to meet all members of the National Council was a joy and highlight of the year. It was amazing to feel the cohesion, support and respect we all have for each other.
- Victorian shiatsu community lunch. A wonderful day spent sharing food, conversations and treatments with each other.
- Two five-week online intensives. Demonstrating the adaptability and richness of the events program and the teachers.
- Online study group continued, demonstrating how a program can be led by members and supported by STAA. It would be wonderful to see more examples of this happening.

A significant challenge for the National Council this year was having people to help with the “doing” and delivery of programs. I hope that with more community engagement and conversations, our members will feel the call to help and contribute to a thriving and sustainable Association.

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I feel proud to be part of such a committed and supportive team. Special mention to Ann Hocking, who was a fascia connecting all of us, making sure that everyone felt heard and supported, and who always gets things done without a hassle or fuss. I am also very grateful for the limitless wisdom and breadth of knowledge of Paul Spence, Linda Rago and Dorothy Douglas, who guide the National Council effortlessly with heart and hara. I look forward to continuing to support STAA and the shiatsu community.

Phuong Tang



Ann Hocking

Secretary

Events Co-ordinator,
Shiatsu Practitioner &
Buddy Support Program

The 2022 Year started with hope and some relief from the previous government pandemic control. Shifts occurred as we contemplated the possibility of in person meet ups and to fully open our clinics for treatments again.

In my role as the Secretary of the National Council, I organised the monthly online meetings and invitations, prepared the Agendas with the President Paul Spence, and took and distributed the Minutes from these meetings to the NC.

At the 2023 AGM, I will be formally resigning from the role of Secretary.

The 2022 year continued with the offering of online events. Instead of just short informative sessions, this year we offered two 5 week intensive courses - one with Geraldine Doyle on Long Distance Healing, the other with Linda Rago on Respiratory Practices. These events were successful offerings, allowing members to connect on a deeper level with other members with similar interests.

Connecting - and/or reconnecting - seemed to be the theme of the year. Phuong and I organised an afternoon tea for the newly graduated and graduating students from the ASC. It was a wonderful chance to informally connect with this dynamic and inspiring group who had succeeded in their studies during the lockdowns of the previous 2 years.

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I personally would like to thank Phuong Tang and Belinda McIntosh for their support and assistance throughout the year. Phuong tirelessly assisted me in getting all the events smoothly up and running. Belinda skillfully spread the word on social media and into the community. Sadly, Armelle left the events team early in 2022 to be with her family in France. We all still miss her.

I would like to thank Paul Spence for his ability to remain centred and to get a job done when it was seemingly impossible. His calm leadership was much appreciated. Thanks also to Liz Ellerbock who took on her new role as Admin officer for STAA with drive and enthusiasm. She has done a lot behind the scenes, organising both files and her infamous Office Manual.

I have enjoyed the year of 2022 connecting with the shiatsu community and its fabulous practitioners alongside working with the dedicated team of the NC.

Ann Hocking



Allison Brown

Treasurer
Ordinary Member

Treasurer's Report Financial Year 2022, January 1st - December 31st, 2022

By Allison Brown - Term Commenced August 2020 to Present

Cash balance as at 31st December 2021 ⇒ \$ 7,745.13

Income received during the 2022 financial year ⇒ \$35,660.78

Total operating expenses incurred during the 2022 financial year ⇒ \$28,636.22

Net Profit during the 2022 financial year ⇒ \$7,024.56

Retained Profit during the 2022 financial year ⇒ \$7,745.13

Cash balance as at 31st December 2022 ⇒ \$14,769.69

When I joined National Council as Treasurer in August 2020, I was concerned at the steadily declining financial position of The Association each month. It was clear to me that if our expenditure, primarily due to administrative costs, continued to outweigh our income, primarily comprised of membership renewals, The Association would not remain viable for long, particularly with a forecast drop in membership renewals due to the global COVID-19 pandemic putting a stop to our members capacity to practice.

Now, almost 3 years on, whilst there is still potential for improvement, I am pleased to report that The Association is in a much better financial position due to a review and reduction in outgoing costs, project viability assessments, process improvements and ongoing income from our popular online workshops. *(See 3 year comparative Cash Summary Report for 2020, 2021 and 2022, in the following pages.)*

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This year, with increased work and family obligations, my capacity to engage with and participate in STAA's various strategic activities has been limited to monitoring and reconciling accounts, approving payments, and reporting on our financial status. Credit must be given to STAA's Administration Officer, Elizabeth Ellerbock, for her detailed record keeping and diligence which has greatly enhanced the efficient flow of financial operations and reporting, as well as to our President, Paul Spence, with his background in finance, for always being at hand to help me navigate any complicated query or process and assist me with signatory and general Treasurer's duties.

I will be consolidating my term as Treasurer and commencing the handing over of the reins to Paul in the coming weeks. I trust STAA's financial position and processes will benefit greatly with Paul's election to Treasurer for the coming term.

It has been a great privilege and learning experience to have had the opportunity to contribute to the Shiatsu practitioner community, my peers, as well as the advancement of the Shiatsu modality itself in this small way over the last 3 years. I have enjoyed making new professional and personal networks and have always felt welcomed, valued, encouraged, heard, supported and inspired in all of my interactions with STAA members and National Council representatives who I have developed the highest regard for and confidence in their commitment to the Shiatsu community and modality.

Thank you,

Allison Brown



Cash Summary Report for 2020, 2021 and 2022:

Cash Summary Shiatsu Therapy Association of Australia Inc. For the 12 months ended 31 December 2022 Excluding GST

	Dec 2022	Dec 2021	Dec 2020
Income			
Advertising Income	190.00	753.75	850.00
Advertising refunds	0.00	(250.00)	0.00
Brochures Income	0.00	70.00	0.00
Donations Received	0.00	220.00	2,505.00
Interest received	0.37	0.91	10.34
Membership Income	26,235.41	30,077.99	36,854.68
Membership refunds	0.00	(257.00)	(230.00)
Merchandise Income	0.00	0.00	160.00
Workshop Revenue	9,235.00	7,090.00	2,695.00
Total Income	35,660.78	37,705.65	42,845.02
Less Operating Expenses			
Accountancy	551.00	570.00	619.20
Administration fees	15,121.50	20,541.45	27,869.50
Advertising and promotion	(120.00)	0.00	0.00
Bank Fees And Charges	700.35	667.38	910.54
Brochures expense	0.00	0.00	460.00
Conference/seminar costs	3,757.08	2,422.08	450.00
Expense reimbursement	270.65	121.50	0.00
Fees & charges	0.00	162.07	0.00
Insurance	1,036.75	0.00	1,949.86
Internet	2,151.64	2,450.44	2,829.10
Journal editing & lay-out	3,788.75	1,886.25	1,218.60
Journal printing	0.00	0.00	790.90
Journals & periodicals	0.00	1,207.50	0.00
Membership	(1,036.85)	0.00	0.00
Merchant fees	0.00	70.85	99.00
Office supplies	0.00	0.00	498.90
Postage	0.00	250.00	722.02
Printing & stationery	0.00	0.00	90.00
Registration & insurance	60.10	0.00	0.00
Rent - Storage	0.00	3,387.90	4,700.00
Staff training	0.00	393.75	0.00
Storage	124.99	137.48	500.00
Superannuation	2,230.26	0.00	0.00
Telephone	0.00	881.52	1,512.72
Other current liabilities	0.00	4,914.08	(4,914.08)
Total Operating Expenses	28,636.22	40,064.25	40,306.26
Operating Surplus (Deficit)	7,024.56	(2,358.60)	2,538.76
GST Movements			
GST Inputs	0.00	0.00	0.00
GST Outputs	0.00	0.00	0.00
Net GST Movements	0.00	0.00	0.00
Net Cash Movement	7,024.56	(2,358.60)	2,538.76
Summary			
Opening Balance	7,745.13	10,103.73	7,564.97
Plus Net Cash Movement	7,024.56	(2,358.60)	2,538.76
Closing Balance	14,769.69	7,745.13	10,103.73



Profit and Loss Report for the period 01 January 2022 - 31st January 2022:

Profit and Loss Shiatsu Therapy Association of Australia Inc. 1 January 2022 to 31 December 2022

	31 Dec 22
Income	
Advertising Income	190.00
Membership Income	26,235.41
Workshop Revenue	9,235.00
Total Income	35,660.41
Gross Profit	35,660.41
Plus Other Income	
Interest received	0.37
Total Other Income	0.37
Less Operating Expenses	
Accountancy	551.00
Administration fees	15,121.50
Advertising and promotion	(120.00)
Bank Fees And Charges	700.35
Conference/seminar costs	3,757.08
Expense reimbursement	270.65
Insurance	1,036.75
Internet	2,151.64
Journal editing & lay-out	3,788.75
Membership	(1,036.85)
Registration & insurance	60.10
Storage	124.99
Superannuation	2,230.26
Total Operating Expenses	28,636.22
Net Profit	7,024.56





Dorothy Douglas

Ordinary Member
Mentor Program Co-ordinator
Buddy Support Program

Working with the National Council continues to bring growth and satisfaction. STAA has faced many challenges and risen to meet them. I am grateful to be able to continue working with this dedicated, supportive, and talented group as we find ways to support the needs of members and make the best possible use of resources. These have included adjustments to administration and spending priorities.

The online events hosted throughout 2022 have been important for the shiatsu community, helping us connect with each other, and feel supported in our practices. I am grateful to the National Council, and Ann Hocking as Events co-ordinator, for the variety and quality of online events that were made available to members, and the showcasing of expertise within our community.

STAA Mentoring Program

The STAA Mentoring Program has evolved since its beginning in 2019. In 2021 early online check-in sessions were added for mentees to ask questions and provide feedback, and mentors to share ideas and reflections. These proved valuable with mentees finding out more about how to make progress with the program, and mentors clarifying their role.

Discussions were facilitated at the end of the program for participants to reflect more broadly and make suggestions for further development.

A group participated in 2021-2022. Of the four mentees who started, two withdrew part way through. The two who completed reported satisfaction with the program.

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I appreciate working as co-ordinators with Alex Caldwell and value her experience, clarity, and insight as we fine tune and improve the program and am looking forward to the next intake in 2023.

Dorothy Douglas



Belinda McIntosh

Ordinary Member - Social Media
Buddy Support Program

During my second year of National Council as an ordinary member it has been inspiring to see how we, as members and as an association, have emerged from suppressive restrictions to come together and rebuild our community and businesses. I feel more connected to the Shiatsu community than ever. While we were exhausted from our efforts to cypher through government regulations and understand where our profession stood in terms of their classification, restrictions and communicate in a timely manner, it was the online and emergence of face to face gatherings that infused me with energy and renewed enthusiasm. As such, I plan to continue working on National Council to promote Shiatsu to the public, increase awareness of this modality to improve and attend to health management and explore ways to gather clinical evidence via creation of clinical trials to support our claim of shiatsu's efficacy.

This past year on the council I have assisted in the planning of events alongside Phuong Tang and Ann Hocking whilst continuing to write and manage Social media accounts, namely Facebook and Instagram for STAA. I maintain having a presence in this medium is crucial to distribution of our message as more and more people refer here to obtain recommendations and information. Where possible original content will continue to be distributed for members to use and adapt for their own businesses promoting their shiatsu offering.

Further to this I initiated an alliance between STAA and China Books to inform members of CPE opportunities and promote STAA's events to a wider audience. I look forward to continuing this relationship into 2023/24.

Belinda McIntosh



Linda Rago

Ordinary Member
Events Presenter
Buddy Support Program

Thanks to the skill, volunteer hours and support of all members on National Council we have survived a difficult year. STAA's capacity to hunker down when the going gets tough means we are in an improved financial position & have a functional harmonious team leading us forward.

I have thoroughly enjoyed delivering on-line workshop content facilitated by Ann Hocking to help raise funds for STAA's office to stay open. The three hour & one-day workshops plus the longer courses also kept me current & studying. Thank you for the opportunity.

It has also been a privilege to meet other practitioners & form solid friendships through NC participation and monthly meetings.

Linda Rago



Brooke Allen

Ordinary Member
Buddy Support Program

My fundamental concern

Is the status of Shiatsu in the community and its promotion and relevance. This term I have worked with National Council on navigating a pathway post COVID.

Driving change for a professional development update for members, in line with other leading natural therapy associations.

My focus together with other members is helping to shape an Association that members want to be a part of and encourages them in their practice.

I look forward to helping carry this momentum through.

Brooke Allen



AGM - 2021 - Minutes

MINUTES

Shiatsu Therapy Association of Australia Inc.

ANNUAL GENERAL MEETING

Sunday 29 May 2022 at 2pm (AEST) Online via Zoom

The Secretary, Ann Hocking, welcomed everyone to the 2022 AGM and went through some “housekeeping” for this meeting. **Ann then handed over to the President, Paul Spence, for his welcoming address.**

1. Welcome from the President

Welcome everyone.

I would like to begin our meeting by acknowledging the traditional custodians of the lands on which we meet this afternoon and recognise their continuing connection to this country, its flora and fauna, and to all of our communities. I offer my respects to Elders past and present.

Thank you to each and every STAA member for another great year as part of the community of shiatsu practitioners that we have Australia wide, and for those of you who are here, thanks for attending the 2022 STAA AGM.

Much like 2020, 2021 was a difficult year for STAA and for its members. We all had increased and continually changing restrictions placed on us due to the pandemic. This provided a very challenging environment for shiatsu practitioners to operate within.

As I have said to the NC, difficulties present opportunities. To help support members, STAA continued to supply regular updates as government policies changed, as best we could, with the information available. Thanks to all NC and in particular to Kaiya Seaton for her time and efforts in both decoding and relaying this information. We have also continued to develop and offer online training sessions, and mentoring programs. These have been very successful for STAA and have also been very valuable for our members for the shiatsu community connection. These have also provided opportunities and pathways for ongoing CPE.

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Shiatsu Therapy Association of Australia Inc.
ANNUAL GENERAL MEETING
Sunday 29 May 2022 at 2pm (AEST) Online via Zoom

These sessions have been varied and interesting and have included Oki Do Yoga, Distance healing, Breathwork with Linda Rago and Macrobiotics with Ken Mclean from Sydney.

We also liaised with government agencies seeking a clear response on how shiatsu is classified. This effort paid off with the result that the classification of shiatsu was changed to be part of the therapeutic massage sector, alongside therapies like remedial massage.

Despite the difficulties due to the pandemic, our financial position improved with the implementation of careful cost management thanks to Allison Brown the Treasurer and increased revenues from our online offerings, thanks to our Events Team, Ann Hocking, Belinda McIntosh and Phuong Tang and also Armelle Sebaag. These efforts included the careful selection and organisation of these programs for our members. This work has seen the financial position improve from a deficit in 2020 to a profit in 2021. Well done to everyone for this achievement.

In 2021 we also welcomed Liz Ellerbock as our new Administration Manager. Liz has done a tremendous job since joining STAA, managing the 2022 membership renewal cycle and helping to prepare all the documentation for the AGM. Thanks also to Ann Hocking who assisted Liz with this task. Liz is a pleasure to work with and has added a great deal of value to the administration role since starting late last year. A big thank you to you Liz.

A few closing remarks. I'd like to firstly thank all of my colleagues on the National Council. It has been a pleasure and a privilege to work with everyone over the last year. We have had to deal with some difficult things, and undertake important work on behalf of all members including reviewing and renewing the Strategic Plan. This work is now done.

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Shiatsu Therapy Association of Australia Inc.
ANNUAL GENERAL MEETING
Sunday 29 May 2022 at 2pm (AEST) Online via Zoom

And some final thoughts I'd like to share. We've done a good job maintaining our current membership levels. The membership levels increase and decrease over time and they have maintained well, despite the effects of COVID.

I have also had a few phone calls recently with my NC colleagues pondering the question Why join STAA? I have been contemplating this and have asked myself the question: Why did I join STAA more than 20 years ago? And maybe everyone here could think of their reasons as well.

My response is "**Community**". Joining, re-joining, or remaining with STAA provides a supportive place for all of us in a community formed by like-minded, enthusiastic, and understanding people who, in my experience, are always willing to answer questions, offer advice, and give of themselves, from the heart, to help their kin.

This is a place where colleagues become life-long friends. Some are more involved in the Association than others, all are needed and much appreciated. There are of course other good reasons to join, it's a place for ongoing, shiatsu-specific training, for workshops and conferences, and to enhance and deepen your shiatsu skill set.

For me, my STAA membership has always given me a vital and vibrant connection to the Australian shiatsu community, and the support and deep nurturing I need that I don't believe it would be possible to get with any other organisation. These are the reasons why I am here, continue to be here and remain a member of STAA. And just finally, Thank you again to everyone for coming today and I hope you enjoy the rest of the AGM.

Paul Spence handed the Meeting back to Ann Hocking.

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Shiatsu Therapy Association of Australia Inc.
ANNUAL GENERAL MEETING
Sunday 29 May 2022 at 2pm (AEST) Online via Zoom

2. Attendance

2.1 Present

Paul Spence, PhuongTang, Allison Brown, Ann Hocking, Dorothy Douglas, Kaiya Seaton, Linda Rago, Belinda McIntosh, Shan Lin, Denis Welby, Adua Cipolato, Andrea Gault, Liz Ellerbock, Lilian Rytte

2.2 Apologies

Link McElvenny, Emma Strapps, Jude Murphy, Brooke Allen

2.3 Proxies

No Proxies were reported

Ann Hocking handed the meeting back to Paul Spence to address Items 3 and 4 below.

3. Confirmation of the minutes of the Annual General Meeting held 30 May 2021 and any business arising. These Minutes were confirmed by Ann Hocking and seconded by Linda Rago.

4. Annual Report 2021 - tabled and to be accepted

The Annual 2021 Annual Report and was tabled and accepted by Allison Brown. This was seconded by Kaiya Seaton. Paul handed over the Meeting to the Returning Officer, Adua Cipolato, to take us through the dissolution of the 2021/22 National Council and the election of National Council members for 2022-2023.

Paul thanks Adua.

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Shiatsu Therapy Association of Australia Inc.
ANNUAL GENERAL MEETING
Sunday 29 May 2022 at 2pm (AEST) Online via Zoom

5. Election of National Council members for 2022 - 2023

Adua Cipoloto, the Returning Officer, declares the 2021-2022 National Council dissolved.

Paul Spence	nominated for President	by Dorothy Douglas, seconded by Phuong Tang
Phuong Tang	nominated for Vice President	by Ann Hocking, seconded by Paul Spence
Allison Brown	nominated for Treasurer	by Phuong Tang, seconded by Linda Rago
Ann Hocking	nominated for Secretary	by Allison Brown, seconded by Paul Spence
Dorothy Douglas	nominated for Ordinary Member	(Mentoring and Supervision Coordinator) by Paul Spence, seconded by Linda Rago
Linda Rago	nominated for Ordinary Member	by Paul Spence, seconded by Ann Hocking
Belinda McIntosh	nominated for Ordinary Member	by Phuong Tang, seconded by Ann Hocking
Brooke Allen	nominated for Ordinary Member	by Paul Spence, seconded by Dorothy Douglas

All nominations have been accepted by the nominees. There are currently National Council members from QLD, NSW and VIC. There are more positions that can be filled:

- Ordinary Members**
- Membership Secretary**
- Student Representatives**
- State Representatives**

If you are interested in any of the above, please contact the office, Paul Spence or any National Council member for further details. Paul Spence welcomed all National Council members to the council for 2022-2023.

New member Brooke Allen could not be here today. Paul wanted to thank him for joining the NC and looked forward to working with him. Kaiya Seaton will not be staying on with the NC, but has offered to maintain contact with NC and to assist as needed. Paul thanked Kaiya for her work on the NC and looked forward to maintaining their contact.

Paul now opened up the meeting for questions, any other business people would like to raise or discuss and anything we might be able to help with.

Thank You.



Shiatsu Therapy Association of Australia Inc.
ANNUAL GENERAL MEETING
Sunday 29 May 2022 at 2pm (AEST) Online via Zoom

6. Any other business

Shan asked the first question re the government status of shiatsu and if this meant that we were now able to practice during lockdowns and were considered essential workers like remedial massage therapists. Paul replied that the classification had changed from Personal care to therapeutic care and that the ability to practice under lockdowns would be a state by state government directive and there would of course be role and responsibilities that came with that.

Denis asked if we are now in the same category as remedial massage, does that mean we have been reinstated into the health funds? Paul responded that that was a different question, with different processes involved than the government classification of shiatsu. Kaiya further explained that whilst government recognition does feed through to the health funds that there are 2 different categories, one is an unregistered health care practitioner and the other is a registered health care practitioner, which includes proof of effectiveness via research. Shiatsu is currently under another review process of which we are actively participating. There is still a way to go, but we are hopeful that overseas research now included will assist.

Further discussions were had around lobbying, government bodies and actions to take. (Refer to the AGM recording) Shan then asked how everyone was coping with their bookings and clients since the covid lockdowns. He stated that he was 40 to 50 percent down on his bookings and wondered how others were. Denis responded that his clinic intake was also down.

Paul commented that he was in Sydney and that clients were coming back for treatments. Linda stated that she was doing exceptionally well with GPS referring clients to her from the success of respiratory practices with her clients during their treatments. Linda felt that now was the time to diversify our practices and encourage both new growth and varied clientele. Liz Ellerbock thanked the NC for their support of her since starting as the Administration Officer for STAA. Dorothy added special thank yous to Paul Spence, Ann Hocking and Kaiya Seaton.

7. Meeting Close

Paul declared the meeting closed at 3pm



STAA Strategic Plan 2021 - 2024

Our Vision

To foster personal, community and environmental wellbeing through the practice of shiatsu.

Our Mission

To support, represent and advocate for a thriving, adaptable, connected and trusted professional community of shiatsu practitioners across Australia.

Our Values

Professional • Collaborative • Respectful
• Relational • Adaptive

Goal		Strategy & Actions
<p>Governance & administration</p>	<ul style="list-style-type: none"> → → → → → → 	<p>Maintain clearly articulated, accessible and implemented policies and procedures for the running of STAA (internal), and the roles and responsibilities of Council members; as well as member conduct and compliance expectations, according to the annually reviewed Policies and Guidelines Handbook</p> <p>Review and refine role of Administration Officer</p> <p>Monitor and report on financial viability of STAA</p> <p>Proactive maintenance, monitoring and implementation of risk management policies; such as member information, intellectual property, data security and storage, reputation preservation</p> <p>Promptly convey current health department guidelines to members</p>
<p>Support and promote research and development</p>	<ul style="list-style-type: none"> → → → → → → → 	<p>Conduct Australian-based research</p> <p>Create standardised examples, forms and templates for practitioners to use for case studies with treatment outcome measures</p> <p>Publish documented summary of evidence-based benefits on STAA website, adding to shiatsu research knowledge base</p> <p>Conduct workforce surveys</p> <p>Maintain database about members' clinical practices and survey results</p> <p>Develop a research strategy committee to embed an attitude of research into supervision, mentoring programs, private practice, training, events and swaps, and foster connections with other organisations who have strong research components as well as publications</p> <p>Develop training competencies to be aligned with research trends and expectations</p>

Goal	Strategy & Actions
<p>Collaboration & partnerships</p>	<ul style="list-style-type: none"> → Collaborate with registered training organisations (RTOs), aligned community groups, associations and the health department → Promote the role of STAA to RTOs → Engage the expertise of our practitioner community
<p>Promotion of shiatsu and STAA</p>	<ul style="list-style-type: none"> → Increase utilisation of social media as part of the communication strategy → Promote and develop STAA events → Communicate the professionalism and employment opportunities, and the relevance, and benefits of shiatsu → Communicate using a shared, standardised language across all activities → Target RTOs and student engagement campaign - present specialised focused events → Populate STAA publications with shiatsu specific knowledge, resources and research → Reignite lobbying campaigns and reinstate contact with government representatives
<p>Sustainability</p>	<ul style="list-style-type: none"> → Financial viability → Activities and projects to be self funding → Decrease and streamline running costs, leverage investments and increase revenue streams → Grow and retain membership → Leverage the membership framework → Establish project team to develop and implement membership drive → Continue to develop our membership services through targeted and shiatsu-specific activities → Identify gaps in skills and create opportunities for members to upgrade skills for industry currency and effectiveness → Resource sustainability - people power and other resources → Skills audit - engage volunteers for defined roles and skills

A Thank You

from the STAA Administration Officer

Thank you to all the Shiatsu Practitioners who continue to support STAA.
Were it not for you, I would not be doing this worthy and important job.
It has truly been an honour to assist you all and the National Council
over the last 12+ months.

Being brand new to the role from August 2021, I literally hit the ground running.
But since the patient training from my predecessor/Sandra Dexter, and along
with the gentle patience of the NC and the STAA Members,
I quickly learnt and augmented an enormous amount of new and exciting IT skills.

Credit must be given to Ann Hocking/STAA's Secretary
for her sense of duty and diligence in working 'as a team' with me and the National Council;
her initiative for regular checkins and her passion for organising STAA Events.

Ann's soul is full of compassion and professionalism all at the same time.
My gratitude goes to Paul Spence/STAA's President for his reassurances & attention
to all my curly queries.

Paul's calm, gentle and professional nature has made him an ideal President.
And to Dorothy Douglas for believing in my skills - she is a dear friend and colleague.

In April 2023, I finally met all of the NC council members face-to-face
(*except for Brooke Allen who lives in TAS*)
at the recent STAA Luncheon event
hosted by Phuong Tang/STAA's Vice President.

Connection is vital in the world of Shiatsu

and it is equally so for STAA Administration Officers.
What a heart-felt joy it was to have had the opportunity for face-to-face connection
not only with National Council members,
but also with the new & old STAA members who were in attendance.
I see all your names every time I am in the office
and its lovely to match a smiling face.

Aside from maintaining the Membership database,
I have also been working in the background to improve the utilisation of the system
and ready it for the introduction of the '*Wild Apricot-App for Members*'.

My hope is that Members will embrace this App.

It will not only make CPE submission claims a lot smoother,
but it will also give members easier access to their member profiles
and more options for self-editing.

A real game changer for bringing STAA further into shining a light on its professionalism.

Liz Ellerbock

This is my serious IT
face . . .



And this is my face when I'm
on the phone with you & the
internet is working properly



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