

Co-Dependents Anonymous

PO BOX 33577, Phoenix, AZ 85067-3577

Application for Board of Trustees of Co-Dependents Anonymous, Inc.

DATE: 7/25/2021

NAME: Florence F

VOTING ENTITY: ___Online_____

ADDRESS:

CITY: _____ STATE: ___MD_____ ZIP CODE: _____

PROVINCE: _____ COUNTRY: ___USA_____

TELEPHONE NUMBERS: (H) _____ (W) _____

FAX _____ EMAIL ADDRESS: _____

DIRECTIONS: Answer each item below as fully as possible on separate paper. Please type or word-process for legibility. Do not attach a resume.

- 1) Describe your current working knowledge of the Twelve Steps and Twelve Traditions, and the CoDA foundational documents, such as the Fellowship Services Manual, By-laws, etc.-- *I have been a CoDA member since 2003. I have worked extensively in service work with an online group that I helped to create as well as many World Service Committees including the Board of Trustees. I worked on and was chair of the Service Structure Committee which updates the Fellowship Services Manual which is when I learned the most in regard to the Foundational documents. I have practiced in my personal recovery and in my service work the Twelve Steps, Traditions and Service Concepts. I have grown much over the years in my recovery through my service work*
- 2) Why do you want to serve the Fellowship as a member of the Board of Trustees? *I have a lot of experience and knowledge to offer but more importantly I love developing the relationships at the world level through my service work and knowing what I do may help the still suffering codependent.*
- 3) Describe your service work on Meeting, Intergroup, Voting Entity level, including number of years of service. *I have been a CoDA member since 2003. At that time. I started an online group for CoDA meetings. I spent many days in the rooms attending and chairing meetings. From there I went to world service as I joined the Online Support Committee to help get online meetings reinstated and recognized as "real" CoDA meetings, I helped write the change in our bylaws to give two delegates to Online meetings. I was a member and chair of the Outreach Committee for at least 5-6 years and I branched out to other world committees. I believe I have now served on all of the World Committees except for Co-NNections, H and I and Finance. Most recently I have been a member and chair of the CoDA Events Committee and I served as Alternate Board Trustee this past year.*
- 4) Describe any personal or professional background that you think would benefit the health of CoDA, such as experience negotiating contracts, general business management, or any other relevant skills.-- *I am a Physician Assistant and I work with critically ill patients. I can incorporate my recovery into dealing with the stress I encounter at work and visa versa, I bring this back to my service work. I have served already on the Board of Trustees as Legal Liaison, Secretary, Vice Chair and Chair. I now also have experience with contracts through my work on the Events Committee in which I have served as Secretary, Vice Chair and Chair. I have served as Web Liaison this past year.*
- 5) Share your:

- a. Experience with the group conscience process.- *I have extensive knowledge of this process and I am big believer in its validity and I appreciate the valuable recovery and solutions that are the result of using this process in all of our affairs in service work.*
 - b. Courage to express yourself, ability to listen, and ability to communicate effectively. *I have now served as Chair of many committees and on the Events Committee I have practiced at being Facilitator for the CoDA Service Conference. -- I do believe I can struggle at times with communicating effectively but I have grown much in this area. I have overcome (most of the time) my knee jerk reaction to become defensive and respond in a defensive manner. If you experience defensiveness from me, please let me know!! I am always willing to take constructive criticism and listen to others point of view. I have been told that I can seem "scary" to approach, I would like this to not be the case, and I have tried to make myself accessible.*
 - c. Ability to manage interpersonal differences and accomplish goals as a group member. -- *I can only say that in my service work at the world level, I have experienced quite a few interpersonal differences. I hope that I have also grown in this area and I do believe that despite differences we can always accomplish our goals. I have participated in mediation processes when interpersonal or group differences have become significant enough that it is affecting our ability to work together. I think it is a great process and well worth the effort. I also believe the same for the Group inventory process.*
- 6) The job of Trustee has varying time demands. What is your availability?----- *This can be tricky at times with my work schedule as I do not have a set schedule. I can put in ahead of time to help arrange my availability for monthly meetings etc.. but last-minute changes would depend on my work schedule. I have used vacation time to attend the World Conference for many years now.*
- 7) Please share your vision for CoDA.--- *My vision for CoDA is that we continue on to provide support to the still suffering codependent by assuring the fiscal and Fellowship health to World CoDA. I hope that we can find a way to breathe life into CoDA at the local levels and that trickles down to the World Service level.*
- 8) Please indicate when you last attended a CoDA Service Conference (CSC) including the current year, as either a delegate or trusted servant. Also, explain your understanding and knowledge of the CSC based on your past attendance.---- *I have answered this question through all of my answers above. 😊*
- 9) Please add any additional information you feel may be helpful in the selection process- *I also served on the CoDAteen Task Force this past year.*

10) NOTES:

Please send your application by email to board@coda.org or mail it to the above address. Refer to "Conference Election Procedures" for details regarding the Election of Trustee at the CoDA Service Conference.

By signing below you are giving permission to post your application to the website excluding identifying information except for your first name with last initial and Voting Entity.

Signature _____ Florence F_____