



ANNIE MILLAR RCST®

2026 Candidate for the BCTA/NA Board of Directors



BIOGRAPHY

I'm a long time public school educator. My career has been dedicated to working with vulnerable communities as a teacher, principal and district office administrator. In short, I come from the world of teaching and learning, of close collaboration and open communication. I have a particular commitment that the structure of organizations and how we work together is unwaveringly for the benefit of everyone involved with an organization. In terms of BCTA/NA, it is for the clients, practitioners, teachers and all who are touched by the work we do.

As I approached retirement, I became interested in learning about health and well-being. In 2020, I went to massage school. One of the units in my program was on BCST. The natural "next step" was to add BCST certification on top of the massage therapy certification. I completed the initial certification in 2023. I am a certified massage therapist and an RCST®. In retirement, I have completed a Master of Social Work and have continued to work with people in the area of wellbeing.

My experience with the BCTA/NA Board is fairly limited. In the last few years, I did some volunteer work together with other BCTA/NA members to update our policies and procedures. I attended the general meeting held earlier this summer.

As the Board reforms, I'm interested in being part of the new Board in order to carefully steward how this affects the membership and the organization as a whole. This means working actively to ensure that how we work together and how we communicate best serves the BCTA/NA mission.

STATEMENT / LETTER OF INTENT

I believe that organizations are living and breathing organisms. As such, I believe that we are responsible for their care, for tending them through their developmental stages and for attending to their wellbeing. When they are healthy and thriving, they may have a lot of positive momentum. When they are going through developmental growth and change, they may be more vulnerable...not unlike a bird molting or a snake shedding its skin.

I believe that the members of organizations are responsible for supporting them. I hear a call to support BCTA/NA as it goes through this developmental stage (new board, ensuring that we're following our bylaws, and strengthening our relationship with the membership). I also believe that in a public practice, meetings should welcome all and should include multiple points of view and representative voices of the membership. I also believe that they should be more grounded in what's happening now and anticipating and planning for a more expansive future. We're not protecting something as much as figuring out ways to share this work with the larger world and to anticipate and resolve any obstacles coming up.

As a new Board member, I hope to contribute a perspective which ensures that we are following the mission, that we have practices which are inclusive and forward-thinking and that we plan for a thriving future. I'd like to see us as an open, welcoming and transparent organization that conducts our business in public.

I have a lot of skills involving strategic planning, communication and building and maintaining structures which are inclusive through my work as a school leader. I am also committed to the well-being of all members of an organization (the teachers, the practitioners, the students, and the client base).

I have previously served as a board member for three non-profit boards. Two were foundations to support public schools. One was an organization to support work to support resilience in people. I was selected to be the board chair for each of these non-profits.

I have the time to fulfill the responsibility of being on the Board. Preparing for meetings, meeting, following up, working through how we will communicate and anticipating next steps are all strengths I would bring to the organization. I can commit to working on community engagement although it'll need to be defined if it involves travel.

I'm not aware of any potential conflicts of interest (personal, professional, or financial).