

Co-Dependents Anonymous
PO BOX 33577, Phoenix, AZ 85067-3577
Application for Board of Trustees of
Co-Dependents Anonymous, Inc.

DATE: July 20, 2024

Board Member Application

NAME: Laurie C.

VOTING ENTITY: Georgia

ADDRESS: Nesbit, MS

TELEPHONE NUMBERS:

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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.
In my personal life and recovery, I use the Twelve Steps and Twelve Traditions daily. I also regularly use documents including the Twelve Service Concepts, Fellowship Service Manual (FSM), and CoDA Bylaws. I have these valuable resources 'bookmarked' for easy access and am constantly sharing links in my service role as the Voting Entity Liaison (VEL). Given any situation or circumstance, I seek to find and share the CoDA principle, process, or guideline in our resources to substantiate whatever suggestion I am making or guidance I have been asked to give. I also assisted in updating my Voting Entity (VE) homegroup meeting material handbook ensuring our foundational documents were included.
- 2) Why do you want to serve the Fellowship as a member of the Board of Trustees?
I have been serving as a Board Alternate since January 2024. I was asked to join to help get work done and immersed myself in learning all I could about what the Board does. I am now aware of the difference in serving on the Board and the legal obligations required pertaining to CoDA, Inc.. I believe that I have a good understanding of our processes but realize I have much to learn. Service work remains the cornerstone of my recovery. I'm all about CoDA Unity and thrive on our Twelve Service Concepts. After being elected to serve as an alternate board member these last several months, I feel the nudge of my Higher Power to step outside my comfort zone moving towards more growth and opportunities within our Fellowship as a full board member...especially for our international community. I have a desire to do my best in giving back to our Fellowship while carrying our message to those still suffering so that our recovery program will be around for years to come.
- 3) Describe your service work on Meeting, Intergroup, Voting Entity level, including number of years of service.
My service work began in 2018 as the Secretary for our meeting in Georgia CoDA VE. In 2019, I was elected as the Group Service Representative (GSR) for the same meeting and was then elected to serve as a Delegate for CSC 2019, which I attended in person in Atlanta, GA. I completed my term as a Delegate at CSC 2020. In 2019, I was also elected to serve as the Georgia CoDA VE Chairperson for 2019 – 2021. After my two-year term ended, I was elected to serve as the Co-Chairperson which my term ended this past November. At CSC 2020, I expressed an interest and was elected to serve on the Issues Mediation Committee (IMC). Within IMC, I was elected to serve as the Vice-VEL for 2021-2022. In 2022, I was elected as the VEL for 2023-2024. To date, I now have over 5 years of service work from the meeting level to World Service.
- 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.
My professional background was as a Human Resources and Benefits Administration Manager. My experiences included direct supervision and training of employees, conflict resolution, payroll, onboarding new hires, and facilitating terminations while adhering to company policies and procedures, and in some instances, state laws. I do believe my professional experiences have helped me in my own recovery (and hopefully I pass on to others) to be mindful of individual's concerns, listen, do not act impulsively, keep my opinion out of the situation, and rely on established principles and guidelines found in our FSM and other CoDA endorsed literature for resolution. I have also learned to ask for help if I do not know the answer.

I am also extremely organized, skilled in most major software programs, and would be willing to assist the Board with any administrative responsibilities such as secretarial tasks. I am open to learning new tasks/skills and will serve wherever needed.

5) Share your:

- a. Experience with the group conscience process.

I fully support the group conscience process and have attended and facilitated many meetings. Though I perhaps may have not liked some outcomes, I chose/choose to accept them. Through this process I may have had an original opinion then, after listening to others, changed my thinking and vote. I wholeheartedly believe in CoDA Unity and find it in our group conscience process. I encourage others to accept that perhaps we can "agree to disagree" on outcomes while accepting results.

- b. Courage to express yourself, ability to listen, and ability to communicate effectively.

I have found that I now have the courage to express myself – to speak my truth. However, I have learned and accept that at times I do not need to share my thoughts/feelings on a matter. I do feel I am a good listener and go so far as to ask someone if they just want me to listen or provide feedback or my experience, strength, and hope if applicable in the situation. There is always room for improvement in my recovery and I find I usually find a lesson when communicating with fellow CoDA members. In all communications, I strive to use our principles and processes..." point to the source, don't be the source". I am also willing to admit if I have made a mistake and offer amends.

- c. Ability to manage interpersonal differences and accomplish goals as a group member.

My professional background in Human Resources has taught me how to manage interpersonal differences and resolve issues and conflicts. I do know how to say "no". My service on IMC and mediations I have participated in have also helped me gain a better understanding of being codependent myself and relating to others as I strive to have "healthy and loving relationships" when resolving issues or working on goals. I have found that most individuals just want someone to listen and are seeking empathy and/or compassion. Then I offer applicable CoDA principles and processes as resolutions.

6) The job of Trustee has varying time demands. What is your availability?

I am retired; therefore, I have time to serve as a full Board member.

7) Please share your vision for CoDA.

My vision for CoDA is to be more inclusive with our international community. My hope is more of our documents and CoDA endorsed literature will be translated into additional languages, our need for interpreters from many languages will increase, and meetings will be held taking into consideration time zone differences so that perhaps those of us in the US are up late at night. We have made great strides in our being less US Centric; I would like to see this continue as we work together to fulfill our primary purpose with a stable recovery program for years to come.

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 last attended CSC 2023 as the VEL. I also attended CSC 2022 and 2021 as the Vice-VEL. For CSC 2020 and 2021, I served as a Delegate for Georgia CoDA. For me, CSC is all about our Delegates, Alternate Delegates, and other voting members who bring the voices and votes from their respective VEs, Intergroups, meetings, and committees. Attending our conferences has enhanced my recovery. Watching our North American and International CoDA communities come together to discuss and make decisions for CoDA as a whole is absolutely incredible.

9) Please add any additional information you feel may be helpful in the selection process.

I am grateful for the opportunity to submit my application as a Board Alternate. I have served with several of the current Board of Trustees members in different areas of CoDA. I am ready to listen, learn, and serve alongside each of you for our Fellowship.

NOTES:

Please send your application by email to board@codas.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.