

## **MOOD DISORDERS ASSOCIATION OF MANITOBA BOARD MEMBER RECRUITMENT NOTICE**

The Nominating Committee of the Mood Disorders Association of Manitoba (MDAM) is currently seeking applications to fill positions on its Board of Directors. It is expected that successful candidate(s) will be appointed to sit on the Board of Directors once their names are put forward during the election process held at the Annual General meeting in September 2023.

### **About the Mood Disorders Association of Manitoba**

We are a self-help organization whose purpose is helping others to help themselves through peer support, education and advocacy. We seek to increase public awareness about mood disorders and other co-occurring disorders and empower people to develop and manage mental wellness.

### **Term and Location**

Board members will serve a term of up to three (3) years with eligibility for a reappointment for consecutive terms.

Board meetings are held in person, in downtown Winnipeg, if possible, but are mostly conducted virtually.

### **Time Commitment**

Meetings of the Board of Directors and their Committees are typically held on a monthly basis, and are on average 1 to 3 hours in length. In addition, Board members are expected to participate in Board committees. Board members should expect to participate in an average of 8 to 10 Board meetings per year plus several Committee meetings per year. Members of the Board of Directors are also encouraged to attend numerous MDAM functions and volunteer their time to various MDAM fundraising events.

### **Skills and Experience**

All candidates must have certain core skills and other attributes including:

- Commitment to MDAM mission and vision;
- Interpersonal communications;
- Basic financial knowledge; and
- Creative and/or critical thinking.

In addition, the nominating and selection process is designed to maintain a Board which includes experience/competency in the following areas:

- Financial management (a professional designation preferred);
- Law;
- Lived experience in mental health problems or illnesses and or experience supporting someone with a mood disorder;
- Issues facing Indigenous peoples in Canada;
- Governance/Board of Directors experience;
- Familiarity with mental health promotion, recovery-oriented approaches and/or peer support;
- Risk management;
- Human Resources;
- Fundraising;
- Communications/public affairs;
- Information Technology;
- Mental healthcare systems (including community-based experience and/or clinical experience); and
- Mental health research.

MDAM is seeking applications from persons with expertise in any of these areas or backgrounds.

We are specifically searching for candidates with experience and expertise in the following: Law (lawyer), education/program planning, business (entrepreneur), and financial management.

MDAM is also seeking candidates that work within, or who have ties to the corporate sector.

In keeping with MDAM's commitment to increase its diversity on the Board, we encourage applications, which represent the need for balanced gender representation and a diversity of ages; individuals from Indigenous communities; as well as individuals from other communities. For example, immigrant/refugee/ethno-cultural/LGBTQIA2S+ communities and people with disabilities.

### **Application Process**

All applications received will be reviewed and candidates interviewed at the request of the Nominating Committee and a final list of qualified candidates for selection will be presented to the current Board of Directors.

Interested individuals should submit their application in the prescribed form detailing their academic, professional and lived experience and clearly state the reasons why they would be an asset to the Board of Directors for the Mood Disorders Association of Manitoba. Interested individuals may also submit a CV for consideration.

Interested candidates should submit their applications by August 11<sup>th</sup>, 2023, to Marilyn Sidhu, Chair of the Nominating Committee, via email at [chair@moodmb.ca](mailto:chair@moodmb.ca).

While we thank all applicants for their interest, only those shortlisted for consideration by the Nominating Committee will be contacted.