



**The Association of Hypnotherapy & Stress Management! Registered at Companies House (Incorporated in England & Wales) (Registration Number 03707691) Registered with the Office of the Information Commissioner (Registration Number Z 7278352)**

**Minutes of AGM of Association of Hypnotherapy & Stress Management – Held 4<sup>th</sup> October 2023.**

Present were:- Alex Evison (Chair & Treasurer); Gill Hines (Membership Secretary); Steve Thresh (Company Secretary); Marilyn Upton, John Lucas.

**Apologies**

The only apologies received were from Laurence Nicholas.

**Minutes of last AGM.**

Alex confirmed that all the members present had read the minutes and had no questions arising from them. The minutes of the last AGM held on 13<sup>th</sup> October 2021 were proposed as a true and accurate record by John Lucas and seconded by Marilyn Upton.

**Election of Directors**

Gill Hines formally retired as director in accordance with the Association's Memorandum and Articles of Association. No other candidates had indicated an intention to stand, and Gill had agreed to stand again and continue as Membership Secretary with the necessary nomination forms having been completed and lodged with the Chairman. Gill was therefore re-elected unopposed as no formal vote was required. Also as no other nominations for director had been received, there was no requirement for further changes and Alex and Steve are therefore to continue as directors.

**Annual Accounts**

Alex asked if all those present had seen the draft accounts and whether there were any questions. Everyone indicated they had seen and had the opportunity to read the accounts, and the directors had approved the Accounts at their earlier Board meeting. It was therefore agreed they should be adopted, and they were accordingly proposed by John Lucas and seconded by Marilyn Upton.

**Annual Report**

Alex asked if everyone had seen the Annual Report, which they had and at request of the meeting the Annual Report was read out in full by Alex.

Marilyn expressed her gratitude for the work done by the directors which was indicated in the report, and asked if any items from the ToolBox could be downloaded and printed. Alex confirmed this is the case and it is the Board's intention that all items which could be accessed would be downloadable or printable. Those items which were restricted to members would require a log in before they could be read and downloaded.

There were no other questions raised within the meeting and it was agreed to move on to the setting of a date for the next AGM and then close the meeting.

### **Next AGM**

The date for the 2024 AGM was agreed as 4<sup>th</sup> October 2024 at 2pm.