



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 4th October 2024.

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

No apologies have been received.

Minutes of last AGM.

Steve began by apologising for issuing an incorrect copy of the minutes from 2023 as the copy he sent out referred to the incorrect previous year instead of 2023 and it was agreed that this would be amended manually. Other than this they are correct and everyone agreed they were happy to proceed on this basis. Accordingly the minutes of the last AGM held on 4th October 2023 were proposed as a true and accurate record by Marilyn, seconded by Gill and carried unanimously.

Election of Directors

Alex Evison 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 Alex agreed to stand again and continue as Secretary. Alex was unanimously re-elected, unopposed, by the members present.

Prior to the end of the meeting, Alex was invited to continue as Chair and Treasurer to which he agreed.

Gill agreed to continue as Membership Secretary.

Steve agreed to continue as Company Secretary.

Annual Accounts

Alex asked if all those present had seen the accounts and whether there were any questions. Marilyn queried about the equity of the Association, as referred to on

page 7, as we do not have shareholders to which any equity in the company can be returned should the Association go into liquidation. It was explained that accounting rules require that this has to be demonstrated within the accounts and as we are a company limited by guarantee our Memorandum and Articles of Association include a clause which says that in the event of the group being wound up, any remaining net equity would be transferred (in effect donated) to another group operating on a similar basis to ourselves. Marilyn was happy with this and expressed her thanks to the board for the improved financial position shown by the accounts. Marilyn proposed the accounts be accepted as approved by the AGM and this was seconded by Steve.

Annual Report

Everyone had been supplied with a copy of the annual report and were happy with its contents. Marilyn mentioned that she agreed with the contents of the report about not approaching training schools and instead going direct to therapists. She has looked at some of the contents of ToolBox and from those parts read so far, she believes this is very good and would be valued by potential member therapists. Marilyn also queried what cost would be quoted to any potential therapists we approached who wanted to purchase some of the contents of ToolBox. Alex explained that initially we aim to offer ToolBox and its contents to therapist members as an incentive to make them more likely to join. However, we have discussed a long-term idea where other more business-oriented therapies and approaches will be added with a view to those being sold on a more commercial basis either direct to a third party or via a member. Marilyn was happy that in effect the initial price would be the £7 per month membership fee.

No other business arose, so the date of the next AGM was discussed, and it was agreed to provisionally set it for 2pm on Friday 10th October 2025 via Zoom.