

Annual Report 2014



Mission Statement:

Teaching Self-Help and Family-Help Reflexology to the World
Everyone should receive the healthful benefits of Reflexology!



WRF Volunteers discussing on-going refinements for the Self-Help & Family-Help Workbook



WRF Trainer Review Gathering where WRF Trainers refresh and gain new insights to teaching skills and techniques



Self-Help & Family-Help workshops being conducted in Montebello, California

World Reflexology Foundation

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World Reflexology Foundation is a group of highly trained Reflexology leaders, educators and practitioners who have been inspired by our experiences with Reflexology and want to empower all the people around the world with the powerful health benefits of Reflexology by educating them and teaching them how to do Self-Help and Family-Help Reflexology for themselves, their families and their communities, towns and villages.

Letter From WRF President

It has been such an inspiring experience working along side thirty-five Reflexologists who have gone through the WRF Teacher Training program. Each one of the WRF Trainers has conducted at least 2 (some as many as 6) WRF Self-Help and/or Family-Help Workshops. That's approximately 105 workshops. With an average attendance of 10 people in each workshop, 1,050 people who have had their health and quality of life improve because of the volunteer spirit of the WRF Trainers. And many of the students have taken home what they learned during the Self-Help & Family-Help Workshops to further help themselves, as well as their loved ones, co-workers and friends.

Our most recent WRF Trainers Training was conducted July and August in Anaheim, CA. See photos on another page. For the first time we were joined by Reflexologist from other states, Oregon and Hawaii. In time, the WRF will grow to conduct workshops across America and throughout the world.

We have realized the need for having a system of obtaining locations for trainers and matching trainers with available locations. This will be developed more in 2015.

Please let us know if you have a location or organization that would like to have a WRF Trainer or two come to conduct a WRF Self-Help and/or Family-Help Workshop?

Letter From WRF Board

WRF expanded our reach with workshops in community as well as in Nonprofit groups in 2014 with workshops being done in Germany, Mexico, and in the Southern California areas of Los Angeles, Maywood, Lakewood, Burbank, Studio City, North Hollywood, Monrovia, La Verne, Claremont, Pomona, Whittier, Yorba Linda, Long Beach, Hermosa Beach, Malibu, Anaheim, Buena Park, Aliso Viejo, Mission Viejo, San Clemente, Granada Hills, Valley Village, San Fernando, Sherman Oaks, Sylmar, Palmdale, Palm Springs, Santa Fe Springs, Montebello, and Pasadena. We also added Pasadena and West LA Cancer Support Center (CSC), a Nonprofit Foundation, to our workshop locations that can now be put on a calendar to be repeated annually.

Our WRF Workbook development has been going well in 2014 with these additions: Japanese translation of workbooks finished, German and Spanish translations started.

Our treasurer Vicki Wise stepped down in 2014 and continues as an active WRF board director. Board member, Tamaki Horii has taken on the task of treasurer as of August 2014.

Our bookkeeper Pam Shiver also stepped down. We are talking with a replacement.

Our WRF eNewsletter writing and editing is now shared between Stefanie Sabouchian and Sean Reynolds.

2014 was an incredibly productive year towards WRF's Mission of Teaching Self-Help & Family-Help Workshops to the World.

Plans For 2015

The WRF Board is excited and looking forward to 2015 for expansion of workshop numbers and locations, finishing Spanish and German translations of the workbook, another WRF Volunteers and Trainers Gathering, Trainers practice review, adding a new WRF Accountant, expanding our social media presence, exploring YouTube educational videos, fundraising plans, and have on the agenda to look at ways to procure workshop aids to streamline our community workshops.

The World Reflexology Foundation continues to fulfill it's mission of bringing reflexology to the world and especially to those who might otherwise not be able to experience the many benefits of using reflexology for themselves, their families and their communities.

WRF Trainers Gathering & Practice Review 2014



WRF Volunteers & Trainers Brainstorming 2014



WRF Self-Help & Family-Help Workshops 2014 Conducted In Various Communities



Acknowledgments Of Contributors, Supporters, Volunteers

Victor Archuleta – Victor opened his beautiful house to host WRF Trainers Gathering held at the conclusion of their two months of practice workshops.

Patricia Busch – Continued her work to upgrade and maintain the highly informative WRF website as Webmaster

Paul & Holly Harvey – Worked with a corporate matching fundraising program.

Cheryl Holyk – Hosted the two weekend Summer 2014 WRF Trainers Training

Tamaki Horii - For taking over as new WRF Treasurer

Sandra Montoya – Started work on the Spanish translation of the WRF Workbook

Yoshimi Ozaki – Completing the Japanese translation of the WRF Workbook

Sean Reynolds - Stepped into the role of WRF Newsletter Editor

Stefanie Sabouchian - Started work on the German translation of the WRF Workbook

Pam Shriver – Work done throughout the year as WRF Accountant

Vicki (Mitta) Wise – WRF Treasurer for several years, stepped down to focus more of her Volunteer time on other WRF Projects.

Thank you to all WRF Volunteers, Trainers, Supporters, Contributors

Thank you for your imaginations, passion, shared vision, time, and in some cases money to help move everything forward toward increasing implementation of the WRF Vision of getting Reflexology into the hands of everyone on earth.

Some Behind The Scenes Photos 2014



Plan Ahead To Our Next WRF Volunteers & Trainers Gathering October 2015

WRF Instructor Training 2014

Conducted in Anaheim California



WRF Trainers Post Training Debriefing Gathering 2014



New WRF Trainers exchanging stories and experiences about the workshops they conducted in homes in various communities.

Robyn Meyer a new WRF Trainer from Hawaii, attended the entire Post Training Gathering via Skype. Certificate was mailed to Robyn

From right - Maureen Holdaway, Victor Archuleta, Yoshimi Ozaki, Irene Birmingham, Sandra Montoya. Bill & Stefanie

Get To Know Your Wonderful WRF Board of Directors

William S. Flocco; *President*. Bill Flocco founded the American Academy of Reflexology in 1981. Former president of the International Council of Reflexologists, Bill, for more than 30 years, has taught the benefits of the Integrated Foot, Hand and Ear Reflexology across four continents. His passion for Reflexology has found him teaching in destinations as diverse as Australia, Canada, China, England, Germany, Holland, Switzerland, and across the USA. He called Puerto Rico home for many years, and communicates well in Spanish. Bill's ground breaking reflexology research was the first to be accepted and published in scientific medical journals. He loves teaching and spreading the many health benefits of reflexology around the world.

Stefanie Sabouchian; *Vice President*. Stefanie earned her Professional Reflexology Certificate from the American Academy of Reflexology in 2002 and is nationally certified with the American Reflexology Certification Board. She is a past president of the Reflexology Association of California. Stefanie teaches Foot Hand Ear Reflexology at several schools including the American Academy of Reflexology.

Tamaki Horii; *Treasurer*. Tamaki, born and raised in Japan, is a Certified Reflexologist, Certified Massage Practitioner, and Holistic Practitioner. She has been practicing Reflexology at the events of charity, anniversary, and wellness in Orange County and LA in Southern California since she earned her Professional Reflexology Certificate from American Academy of Reflexology in 2010.

Paul Harvey; *Director*. Paul is Chairman of the Foundation for Health Research, a past Board member of the Reflexology Association of California - currently serving on both the NHF and RAC Advisory Boards - and maintains a thriving Reflexology practice in Orange County, California. He has been working as the Reflexologist with a team of medical doctors at the world famous Whitaker Wellness Institute Medical Clinic for over ten years.

Vicki Wise *Director*. Vicki, from New Zealand, is a Registered Nurse, Holistic Practitioner and Certified Reflexologist. She is an experienced event and private Reflexologist and the organizer of Holistic Practitioners LA. She leads community workshops in reflexology, stress management and guided imagery. Her languages are conversational French and Hindi.

Kathy Reynolds; *Corresponding Secretary*. Kathy graduated from the American Academy of Reflexology in 2005, and has served on the Board of Directors of the Reflexology Association of California since 2007. Her reflexology business, Soleful Reflexions, has been steadily growing as Kathy sees clients on an out-call basis in the Inland Empire area.

Sara Chameides; *Recording Secretary*. Sara, a Southern California native, is a Certified Reflexologist and Licensed Massage Therapist who has a private clientele. In addition, Sara is a makeup artist who has worked in the entertainment industry for over 19yrs. With a focus on holistic technique she is furthering her studies into Pilates and movement training.

