

Annual Activities Report 2018



Mission Statement:
Teaching Self-Help and Family-Help Reflexology for Better Health Worldwide

2018 Fundraising Event For 2018 Trainer Training



Donors receiving small group or private Self-Help & Family-Help Reflexology teaching sessions from WRF Volunteer Trainers



Contributors experiencing profound relaxation from 20-minute reflexology sessions from WRF Volunteer Trainers

WRF Fundraiser Makes WRF Trainer Training 2018 Possible

By Sara Chameides

On March 29th, 2018, the World Reflexology Foundation held a fundraiser to cover the costs associated with its Summer WRF Trainer Training. This exceptional experience was put together by Board Member **Stefanie Sabouchian** and friend of the WRF, **Janice Hoffmann**. The event was unique by bringing together WRF Trainers, volunteers and participants that wanted to broaden their knowledge of Reflexology and support the World Reflexology Foundation.

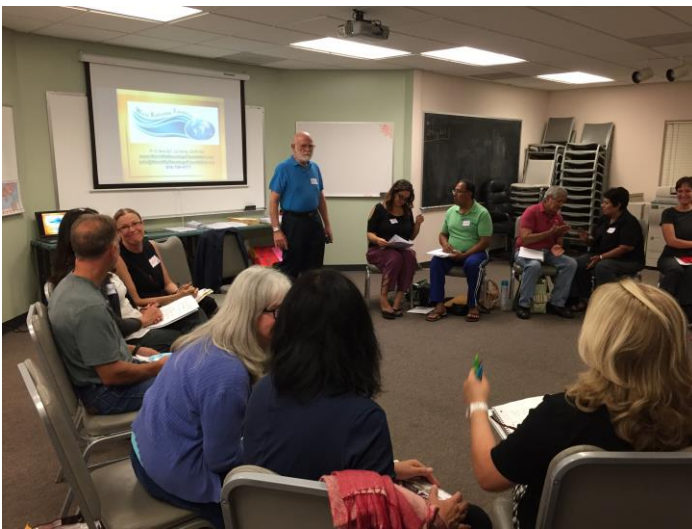
The fundraiser was hosted by Janice in her beautiful home, high in the hills of Claremont, CA. Tickets were pre-sold to the event which included a 20-minute Reflexology session, small group and private Self-Help Reflexology teaching sessions, refreshments and a large silent auction. The afternoon was filled with conversation, celebration, and all things relating to Reflexology.

A big thank you goes out to WRF Volunteer Trainers **Victor Archuleta, Sara Chameides, Bill Flocco, Sage Grabler, Elizabeth Flocco, Sandra Montoya, Yoshimi Ozaki, Kathy Reynolds, Stefanie Sabouchian and Mitta Wise**, who provided Reflexology sessions, teachings, and all-around help.

WRF volunteers, **Lynne Haines, Rosemarie Sabouchian, and Steven Sabouchian** were also on hand to assist with the greetings, refreshments and organization of the event.

This event earned \$1675 for the World Reflexology Foundation! It was an exciting event which educated the public about Reflexology and Self- Help Reflexology. The funds raised by this event enabled WRF to continue its goal of empowering people locally and around the World to use Reflexology on themselves and their loved ones for better health, by providing the training of WRF Volunteer Trainers.

WRF Trainer Training 2018



WRF Trainer Trainees working in dyads, practicing explaining the benefits of the World Reflexology Foundation



WRF Trainer Trainees explaining thoracic spine reflex locations for Self-Help Foot Reflexology



WRF Trainer Trainees practice teaching Family-Help Ear Reflexology



WRF Trainer Trainees practice teaching Self-Help & Family-Help Hand Reflexology

Joyful WRF Trainer Training 2018



From Front left Seated: **Bill Flocco (CA), Mitta Wise (CA), Kathy Reynolds (CA), Sara Chameides (CA), Stefanie Sabouchian (CA)**. Second Row: **Juan Manuel Trujillo (CA), Jasmin Gilliam (CA), Brigitte Butler (CA), Lenore Fusano (CA), Melanie Giangreco (VT), Irene Meza (CA), Valerie McKay (WA)**. Third Row: **Laurie Hanna (MA), Liz van Beek (CA), Quirino Ibarra (CA), Susan Lee (NY), Tina Meyer (CA), Jan Weal-Grubb (MI), Samuel Clark (CA), Chantal Ough (NV), Rigby Ough (NV), Lisa Chan (CA)**. Photographer: **Christopher Lindsey (CA)**

Training The WRF Volunteer Trainers - What It Takes

This year dived into planning for the WRF Trainers Training 2018 by starting with planning at the WRF Board retreat in the beginning of the year, followed by the fundraiser in April, and moving into a system of phone calling, email campaigns and more. We also spent time refining a lot of different trainer materials and we added Zoom to our list of tools, not just to communicate with the Board but also for the 5th day of training. There was a lot of preparation for adding Zoom to the training and we were able to successfully have other trainers in different parts of USA join into the conversation and learn interactively. A great step for WRF!

Having many ongoing board conference Zoom calls has also helped the Board and WRF immensely. WRF Volunteer Trainers are the backbone of our non-profit, carrying out the mission of WRF of improving health locally, nationally, and globally by empowering people with knowledge and skills of Self-Help & Family-Help Reflexology. And we had much success gaining 19 more of these wonderful people to help us in our WRF journey to help others. Of course there were and are other projects that we are working on, and we continue to be diligent in moving these forward.

Community WRF Self-Help & Family-Help Workshops

After WRF trainers complete their training they then return to the local community locations to conduct WRF Self-Help and Family-Help workshops. Throughout the year WRF Volunteer trainers conduct these workshops in different cities, states and countries. Two examples of these local WRF Community Self-Help & Family-Help workshops are featured.

World Reflexology Foundation Announced Ongoing Long Term Relationship With County of Los Angeles, Maravilla Center, In East Los Angeles



WRF Volunteer Trainer **Sandra Montoya**, standing, demonstrating Family-Help Hand Reflexology at Maravilla Center. Sandra has been doing these workshops on a monthly basis since 2016. She also has been conducting WRF Workshops at Instituto Madre Asunta in Tijuana, Mexico



After moving from California to Arizona, WRF Volunteer Trainer **Barbara Fukuda**, standing right, conducts WRF workshops. Here she demonstrates specific brain/headache reflex locations on the hands and ears at the beginning WRF Self-Help & Family-Help Reflexology Workshop in Arizona.

Thank you to Randolph Osuna for guiding us to the Maravilla Center as well as other community centers around Los Angeles. Thanks also to Sandra Montoya, Quirino Ibarra, and Randolph Osuna for their dedication in providing regular ongoing workshops for some of these different centers and communities.

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.

Special Thank You to all Volunteer Trainers, Contributors, Supporters, Committee Members, Donors, and the Board of Directors whose generous loving efforts make it possible for WRF to further its great empowering mission to increase health locally, nationally, and globally through teaching Self-Help & Family-Help Reflexology.

World Reflexology Foundation
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