



Election Committee proposal for the new Board

2024

Objectives and framework

- **New Election Committee appointed in April 2023 - independent from the Board**
- **Following the legal framework of the statutes of the FRISKIS BRUSSELS ASBL as well as the Rule of Procedures for EC**
- **How we worked:**



Define criteria
for the
2024 Board

Discussion
with
current
Board

Open call
for Board
members

Teams
survey

Survey
follow-up
with
Board

Interviews/
selection of
candidates

Vote
during
AGM



Our criteria for a good Board:

1. Communication skills
2. Openness to collaborate and having time (2-5h/week)
3. Good balance of the roles in Friskis (instructor/volunteer/member)
4. Flemish connection
5. Swedish understanding
6. Continuity as well as new input
7. Resilient and able to represent the club
8. Need for diversity in terms of age, gender and background

= Prepare for the future of the club

Thanks a lot to the Board 2023



Jeroen Overstijns
*Chairperson
Treasurer*



Sibylle Reichert
Internal Communication



Carl Johan Åsenius
Contact with teams



Caroline Jordans
*Accountancy support to
the treasurer*



Caroline Van Meerbeek
Secretary

The proposed Board 2024



Jeroen Overstijns
Chairperson - 1 year
mandate (consecutive)



Sibylle Reichert - first
year of 2 year mandate
(consecutive)



Carl Johan Åsenius
- last year of 2 year mandate
(consecutive)



Caroline Jordans
*Accounting support to
the treasurer*



Claire Delecolle
- first year of 2 year
mandate



Lyn Trytsman-Gray
- first year of 2 year mandate

Our new candidates - Claire

Claire is a long-term member of Friskis Brussels, and now an active host and volunteer.

Her statement of qualities for the board: “Recognized for my dynamism and organization, I’m committed to help Friskis. In my professional career, and within non-professional organisations, I have developed financial and intercultural management skills. One of my most important values is to keep smiling and cheerful even in front of difficult challenges.”



Our new candidates - Lyn

Lyn first joined F&S in the 1990s and has re-joined in the past few years as she “appreciates the great value, fun classes on offer.” Lyn is a Belgian/British national born in the UK, who has lived in Brussels since 1988. She’s studied French, German and Dutch languages, literature and politics at universities in the UK, France and Germany.

She has set up and led EU offices in Belgium for international corporations, trade and professional associations. Lyn has held many Board positions during her career and is currently focusing her energy on volunteering for organisations about which she is passionate (such as Friskis & Svettis!).

