

## ALLIANCE OF INTERNATIONAL AROMATHERAPISTS

### MEET THE CANDIDATE

SEPTEMBER 13, 2017

6:30 – 7:30 pm MDT

Call In Number 1-605-475-6333

Access Code 23615

#### **Inga Wieser – Standing for President**

Dr. Inga Wieser, a Board Certified Naturopathic Doctor, is a speaker, educator and health consultant. As a Master Herbalist and Clinical Aromatherapist she shares her passion for herbology and aromatherapy by teaching at the local college and speaking around the USA at holistic health conventions. In 2016, she received the Higher Achievement Award from the American Naturopathic Medical Association. In her clinic, she has helped many people with complicated health issues using holistic solutions. In addition to her doctorate degree, she holds master's degrees in both education and herbology, and degrees in Complimentary and Alternative Medicine and Holistic Nutrition.



I am running for president to provide continuing forward-thinking leadership in the field of aromatherapy. My goal is to take the field of aromatherapy to a higher level of professional recognition worldwide, with AIA leading the efforts. I plan to encourage education and safety within the organization and to the general population. I feel I have the leadership abilities to lead AIA to be the sought after and most recognized authority in the field, with the help of a supportive and hard-working board.

The skills I can bring to this position include: organizational skills, computer skills, love for the aromatherapy field, complementary and alternative medical background and extensive international and varied aromatherapy educational training.

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#### **Anita James – Standing for Vice President**

Anita James has served as an AIA Board Member for the last 16 months. Anita currently serves as Co-Chair of the Education Committee and was a member of the Conference Committee for the 2017 event. Anita feels that she has many of skills and knowledge to offer as Vice President to the AIA.

Within the 16 years of her practice as an aromatherapist as well as educator, Anita has worked in projects within schools for 14-years and more recently with charities supporting the elderly and vulnerable. As an educator, Anita provides a range of training from taster days through to the 400-hour AIA course

Anita feels that in the role of Vice President she could further support and assist in the AIA's growth and their vision of moving Aromatherapy forward. I have a good understanding and have worked in many of the roles within which the Members of the AIA use their aromatherapy knowledge and skillset. Anita would like to see more co-operation and understanding of aromatherapy globally and feel that this is where she could play a role in facilitating conversations. Anita is happy to take on a challenge and has a passion for Aromatherapy that never fades.

Anita would bring her extensive experience on Aromatherapy Boards having served on the International Federation of Professional Aromatherapist (IFPA) as the Chair from 2005 – 2009 and the Education Chair and Vice Chair from 2014 – 2015.



### **Paula Begel – Standing for Vice President**

Paula joined the AIA in 2013 and went to her first conference the same year in Florida. She was so excited and impressed that she immediately stepped in to fill the NYS representative position. Paula currently holds that position and tries to get people together four times a year. Since that time, Paula has been a part of the education, publishing, research and two conference committees. Paula also served on the Board as a Director for one year.

Paula has been working with essential oils since 1996 and in 2006, she became a certified aromatherapist through Aromahead. Paula also completed her teacher training the same year. Paula's course is Therapeutic Uses of Essential Oils provided by Aromahead. Her focus is teaching health care providers about the safe use of essential oils since there has been a tremendous MLM boom. Paula is a full-time massage and aromatherapist.

Paula is a team player and supports the aromatherapy profession as a profession on its own. She would like to see a clearly outlined and defined profession including a national standard that all can follow and be a part of. Paula believes that combined efforts and resources can propel our dedication, passion and hard work into the future of holistic healing. She hopes to be a part of the positive changes that our profession needs to succeed.

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### **Jennifer Eden Clark – Standing for Secretary**

Jennifer came to essential oils through soap-making over twenty years ago. Not long after, she became more interested in the essential oils than what she was using them in. She bought her first book on aromatherapy and hasn't stopped learning since.

Jennifer became certified through American College of Healthcare Sciences, also receiving a Master's Diploma in Aromatherapy. She has been a Registered Aromatherapist for 7 years getting her renewal 2 years ago by attending conferences, taking Advanced Clinical Aromatherapy courses, and listening to the AIA teleseminars.

Jennifer wrote and published the Essential Oil Basics: The Complete Pocket Guide to Safe and Effective Essential Oil Use which was mostly targeted at the MLM population to give them sound unbiased information, but is good for any beginner. Jennifer is the founder and Aromatics Ambassador at Learn Essential Oils.

Jennifer currently sits on the AIA Board as a Director. She would enjoy working on the Executive Board as secretary to become more familiar with the organization, to serve and learn, and to move the organization forward. Jennifer thinks that much can be done to increase membership and leadership. She is ready and willing to serve and sacrifice for AIA and its membership, which is what is required. Beyond that, Jennifer has many organizational skills, experience in leadership, an aversion to drama, and she "plays well with others". Jennifer can see the good in everyone.

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## **Robin Kessler – Standing for Director – One-year Term**

Robin is a Certified & Trained Aromatherapist in Monroe Township, New Jersey. She has completed over 350 hours of education at Aromahead Institute and other aromatherapy institutions. Robin is now studying for the advanced program and when finished will have over 750 hours of education. She gives seminars on what is Aromatherapy and how to use it safely to seniors at libraries and Senior Centers. Robin's focus is with seniors because this group needs more attention and understanding. She is the aromatherapy consultant at the Stein Hospice Group. Robin uses Aromatherapy to help those who need help letting go to the next realm. She also helps those who have anxiety issues and sleep issues. Robin enjoys working with people.



Robin was the President of ORT- NJ Chapter which is a worldwide organization, for 4 yrs- 25 yrs ago. This organization had 3000 members in NJ. She started out as Membership VP and Fundraising VP prior to becoming president. Robin was also for 25 yrs head of Membership and Fundraising VP for my temple. She works well with people and has developed excellent organizational skills. Robin is NJ Rep for AIA now for 2 years and because of the events and teleconferences she has done brought many non-members into the organization as well as brought members closer together. Robin's people skills are good her skills would be an asset to the organization.

In the two years that Robin has been the New Jersey Rep for the AIA, she has found there needs to be changes especially in membership. Many states have reps that are too far apart from members, especially hers. Robin feels that it is hard to bring members and new members together and that information is not going out to reps on a timely basis. Robin feels this needs to be fixed so those that want to become members, and those who are members now enjoy being in this organization.

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## **Sylla Shepherd-Hanger - Standing for Director – One-year Term**

Sylla is the Founder/Director of the Atlantic Institute of Aromatherapy in Tampa, Florida. She brings forty years of experience and personal research into the practice of Aromatherapy and the power of essential oils. Her fascination with this subject has led her to study with the most knowledgeable people in the field of aromatic and medicinal plants, essential oil research, herbology. In 1993, she completed the Medicinal and Aromatic Plants Program, Purdue University, Indiana, and continued to complete the International Training in Essential Oils: Advanced Studies – Parts 1 & 2 (1996-7). She was a founding member of the American Aromatherapy Association (1988) and served two terms on the Board of Directors. Sylla is an active participant in the Alliance of International Aromatherapists, and the Aromatherapy Registration Council. She actively participates in setting up national standards in safety education for aromatherapy.



After the September 11th tragedy, Sylla volunteered with the Carolina Emergency Relief Massage Team whose four deployments helped over 3500 people through chair massage and aromatherapy donations collected thru Sylla's efforts that they were able to use and give away to relief workers. During this time, she formed the United Aromatherapy Effort, Inc (UAE) a non-profit charity whose mission is collection and dissemination of donated aromatherapy products to those affected during critical incidents and emergency work. The UAE also supplied Floridians after hurricanes in 2004, and the team worked in Biloxi, MS after Hurricanes Katrina/Rita 2005 and the UAE, Inc. supplied NATO soldiers in Camp Phoenix, Afghanistan during 2009-2011. The UAE has now reactivated to serve Texas Harvey Relief.

A licensed Cosmetologist/Esthetician (since 1969) she is also a Natural Health Care Practitioner/Licensed Massage Therapist (since 1979). Sylla has taught aromatherapy (from introductory through advanced studies) since 1988. She has developed comprehensive educational programs which are presented throughout the USA and the Institute is a Continuing Education Provider (Boards of Massage) for the state of Florida. She is the author of *The Aromatherapy Practitioner Correspondence Course* and *The Aromatherapy Practitioner Reference Manual*, a complete reference book of over 350 aromatic plant extracts, with phytochemical, clinical and botanical indexes. She was editor and publisher for Tony Burfield's *Natural Aromatic Materials-Odours and Origins* 2<sup>nd</sup> Edition (2017). Most recently she began publishing a series of books: the SBS Series, beginning with the *Aromatic Spa Book* (2007) and the *Aromatic Mind Book* (2008). Since 1996, Sylla has been involved with Dr. Trevor Stokes of the University of South Florida in an on-going research project titled Psychosocial Aromatherapy Research Project (PARP) using aroma in children with autism and other disorders. Besides writing aromatherapy articles for magazines and journals, Sylla also consults for private-label aromatherapy companies, and others needing help. She volunteers her time and aromatic counseling skills to local hospitals and organizations in order to give back to her community. She continues to maintain a private Aromatherapy practice (as a licensed massage therapist and cosmetologist) in Tampa, Florida, where she resides with her husband and one cat.

Sylla's extensive knowledge and experience in the field of aromatherapy would be an asset to the AIA Board of Directors.

### **Nancy Lubin – Standing for Director – Two-year Term**

Nancy is a founding board member of two local organizations:

- 1-Maine Women’s Network Midcoast Chapter-business networking.
- 2- Destination Wellness Midcoast Maine- an educational and networking organization founded to promote wellness in the community.

Nancy has studied many wellness modalities as diverse as Homeopathy, Five Element Theory, and Zentangle. She is an avid organic gardener, making many of her own wellness tinctures and remedies.



Nancy’s first Aromatherapy certification was from Aromahead Institute in 2013. She has continued her education with Rhiannon Harris. Nancy is presently enrolled in Mark Webb’s Aromatic Medicine Diploma course and is expected to complete that in 2017.

As a founding board member of two local organizations Nancy is well aware of the need for a transitional board to pick up on and grow the organization the founders worked so hard to start and maintain. Holding their vision while navigating the need to grow and change is often best done by board members with equal dedication and fresh eyes, as well as new energy. Nancy cares about this growing profession and is willing to do her part to shape its future. Nancy is a good listener who can weave the big picture and the details into a coherent direction or action step.

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### **Nyssa Hanger - Standing for Director – Two-year Term**

Nyssa Hanger, MA, LMT, RYT is a second generation aromatherapist and Assistant Director and Instructor for the Atlantic Institute of Aromatherapy founded in 1989 by Nyssa's mother, Sylla Sheppard-Hanger. In 2001, Nyssa helped Sylla in forming and operating a non-profit called United Aromatherapy Effort, in response to the September 11th tragedy. Nyssa got to see firsthand the healing benefits of massage and aromatherapy in times of crisis and knew then that she must pursue a profession in the healing arts. After beginning her career as a licensed massage therapist in 2005, she completed training in Structural Energetic Therapy and Emotional Energy Release Therapy from Don McCann, MA, LMT. She has also studied Blossoming Heart Aromatic Kinesiology with Robbi Zeck, ND, and CranioSomatic Therapy from Dallas Hancock, DC. Nyssa completed her Master's Degree in Religious Studies from the University of South Florida in 2010.



In her practice, Nyssa uses aromatherapy both medicinally and psychotherapeutically. Though her client base is diverse in conditions and abilities, she has found a surprising specialty in working with Traumatic Brain Injuries. Nyssa is the Founder and Director of Upward Spiral Center, a unique home for healing and transformation in Tampa, FL. Nyssa created Upward Spiral Essentials, a line of essential oils and signature blends that are top-quality but affordably priced, and made them available to her local community to learn about and experience firsthand. She also offers a specialized approach to bodywork and healing that incorporates all aspects of her knowledge to create the most effective therapy for each client's unique needs, called Upward Spiral Therapy. She knows that making the world a better place means helping you to start an upward spiral of healing and transformation in your life and to become more of who you really are.

Nyssa’s passion for moving aromatherapy forward would be a strength she could offer the AIA Board and the membership at large.

**Colleen Thompson – Director – Two-year Term**

Colleen Thompson has worked in the field of Aromatherapy since 1995 and has been a Registered Aromatherapist® since 1997. Colleen has owned 3 aromatherapy stores over the course of her career however her focus and passion is teaching Aromatherapy Certification through her school Essence of Thyme College of Holistic Studies. Colleen has sat on many Boards in a variety of capacities and served as the AIA Secretary for three years.

Colleen has been a member of the AIA since 2011 and truly appreciates the values and ethics of the association. Colleen is organized, has good communications skills and works well in a team environment. She feels her extensive experience on various Boards would be an asset to the AIA Board.



**Remaining on the AIA Board**

Carol Scheidel – Treasurer – 2017-2018

Denise Joswiack – Director – 2017 – 2018

Michelle Bardwell - Director – 2017 - 2018