

Board Member Overview

Recruiting 4–6 new board members in 2026

Mindful Birthing & Parenting Foundation (MBPF) equips expectant parents and perinatal professionals with evidence-aligned, trauma-sensitive mindfulness education for pregnancy, birth, and early parenting—so families and providers can meet life with steadiness, compassion, and choice.

At a glance	
Role type	Volunteer governing board service (remote / primarily Zoom).
Open seats	4–6 new board members in this recruitment cycle.
Target board size	9–11 voting directors (expanding from 5 as of Dec 2025).
Term	3 years; renewable twice (max 9 years for voting members).
Meeting cadence	Monthly 90-minute board meeting + committee work.
Committees	Governance & Nominating; Finance & Audit; Fundraising & Partnerships; DEI & Global Engagement.
Key dates	Applications: Mar 15–Apr 15, 2026 • Interviews: Apr–May • Onboarding: Jun–Jul • Retreat/Seating: Oct 2026.

Why we’re recruiting now

MBPF is strengthening governance and expanding reach. We’re seeking board members who bring a mix of expertise, networks, and lived experience—including perspectives beyond perinatal care and mindfulness training—to help amplify impact and increase access.

What board members do

- Provide strategic guidance and accountable nonprofit governance.
- Advance sustainability through fundraising, partnerships, and resource development.
- Support program quality, reach, and equitable access (including scholarship strategy).
- Serve on at least one committee and contribute between meetings.
- Act as an ambassador for MBPF in your networks and community.

Expertise we’re seeking

Priority strengths may include:

- Fundraising & philanthropy; partnerships and relationship-building
- Legal / nonprofit compliance; risk management
- Finance, accounting, budgeting, and audit oversight
- Research, evaluation, and impact measurement
- Marketing and communications; technology and digital strategy
- Policy, health equity, and global engagement perspectives

Expectations and commitment

Board members are asked to:

- Attend a monthly 90-minute board meeting (Zoom).
- Join at least one committee and participate in light between-meeting work.
- Review key materials in advance (agenda, minutes, dashboards/financials as applicable).
- Uphold confidentiality and ethical standards; sign a Board Member Agreement (term, NDA, and expectations).
- Support fundraising in ways aligned with your comfort and capacity (introductions, outreach, hosting, and/or giving).

Board structure

Terms: 3-year terms, renewable twice (max 9 years for voting members).

Committees (anticipated): Governance & Nominating; Finance & Audit; Fundraising & Partnerships; DEI & Global Engagement.

Officer rotation: Officers elected every 2 years; MBPF expects at least 1 year of service before serving as President. Required officer roles (California): President, Treasurer, Secretary.

Recruitment timeline

Phase	Timing
Applications open	Mar 15 – Apr 15, 2026 (may extend depending on pool)
Interviews & vetting	Apr – May 2026 (two-step interviews; references may be requested)
Onboarding & slate creation	Jun – Jul 2026 (virtual orientation + materials)
Board retreat / seating	Oct 2026 (retreat + committee assignments; directors seated formally)

How to apply

Submit a short application plus your CV/resume or LinkedIn profile. Our process includes a standardized pre-screening rubric, two-step interviews, and optional references. Some candidates may be invited into an Advisory Board pathway if that is a better fit.

Next steps: Apply: mindfulbirthing.org/board • Questions: marrelle@mindfulbirthing.org • Optional: schedule a short intro call

FAQ

Is this a paid role? No. This is volunteer board service.

Do I need prior board experience? Not required. We welcome first-time board members with strong readiness and alignment.

Do I need to be U.S.-based? No. Remote participation is expected; global perspectives are valued.

How much fundraising is expected? We discuss expectations transparently. Many members contribute through introductions, advocacy, and/or giving.