

# CHAARG Exec Info Packet


We are so excited that you are interested in applying to be a CHAARG exec team leader! Please read through the following information to learn about the exec expectations, CHAARG core values, + each exec position [+ find which one might be best for you!]





# CHAARG Exec Expectations




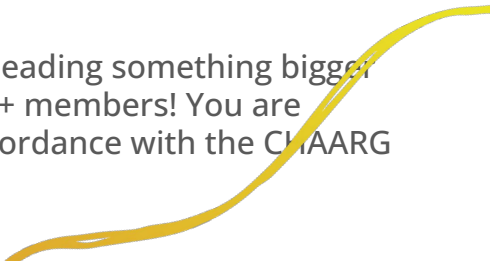
As a CHAARG exec team leader, you are not only the face + voice of CHAARG at your university, but a role model for the entire CHAARG community. While the majority of being an exec team leader is FUN, there is a lot of work + responsibility involved. The following are our expectations of all CHAARG exec team leaders so they can lead their Chapters to thrive:

 **Time Commitment: 8-10 hours/week.** Spring-spring term (full year!). Must be able to **attend all CHAARG events** during the school year (in person!) + virtually meet throughout summer/winter breaks. Exec team leaders meet every week outside of the Weekly Workout + all exec team leaders serve as Small Group Coordinators.

 **Communication.** We believe that learning to communicate in a professional, respectful, + effective way is not only a CHAARG skill, but a life skill! You'll be responsible for responding in a timely manner for all CHAARG things + managing an exec gmail account in addition to being active in a Slack channel with your team. You'll also need to stay up to date with CHAARG Exec Newsletters [2x/month] + utilizing our CHAARG Leadership Portal!

 **Inclusiveness.** CHAARG members are at the heart of everything we do. It's important that all team leaders can create an open, welcoming, + safe environment for EVERYONE that joins!

 **Values Based Leadership.** As an exec team leader for your CHAARG Chapter, you are leading something bigger than just another club at your school. You are leading a nation-wide movement of 10,000+ members! You are representing CHAARG to people across the country + will be expected to live + lead in accordance with the CHAARG Core values (see next slide!).





# CHAARG Core Values

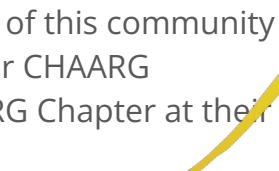
**#1] We are passionate about empowering college women everywhere.** 2 out of 3 college women feel uncomfortable using the weight room... CHAARG is here to change that. Our mission is to empower women to “find their fit” + find an empowering community. **[Passion]**

**#2] We believe that fitness should be fun.** Gone are the days of boring workouts. We move in ways that feel good for our body + we have a blast doing it in our community. CHAARG combines great friends + workouts to help people feel their best! **[Joy]**

**#3] We are more than a team - we are a family.** We are a family of different shapes, sizes, colors, identities, + backgrounds with the common goal of becoming our best selves + believing in the CHAARG mission. Our family has zero tolerance for hate + discrimination. Anyone who identifies with our mission is welcome to be a part of our community! **[Family]**

**#4] We believe in finding balance.** While we love fitness, we know that living a healthy life is so much more than the physical aspect. Mental health matters! We prioritize finding balance in our life, taking care of our mental health, + making time for ourselves every day. We ask for help when we need it + communicate what’s going on to those around us for support. **[Balance]**

**#5] We love our community.** We are committed to CHAARG + sharing what it means to be a part of this community with others. We know that this community is so much bigger than one campus, + we support other CHAARG members across the country! We want to spread the word to everyone who doesn’t have a CHAARG Chapter at their university - so that they can be #inCHAARG, too! **[Community]**





## ✨ CHAARG Exec Positions ✨

Now that you know our exec team leader expectations + our core values, let's look at the different exec team positions!

✨ Everyone on an exec team is just that – a part of a TEAM! While each position has its own unique responsibilities, we also expect all positions to work together + help support each other.

✨ All exec team leaders also serve as Small Group Coordinators!

✨ Some qualities we look for in all exec team leaders:



Passion + love for CHAARG!



Excellent time management



Strong communication skills



Flexibility + the ability to adapt



Desire to grow + help others be their best selves



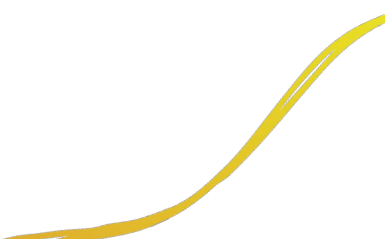


# Exec Team Positions

## Ambassador

- 💖 President of your Chapter
- 👏 Manages the exec team
- ✉️ Liaison between Nationals + your university
- 😄 Continue to grow + build your Chapter on campus
- 💖 Small Group Coordinator





## VP Membership

- 🚩 Lead Chapter recruitment
  - 🏋️ Organize Chapter Small Groups
  - Make new members feel welcome
  - 👏 Create an environment of inclusivity in your Chapter!
  - 💖 Small Group Coordinator
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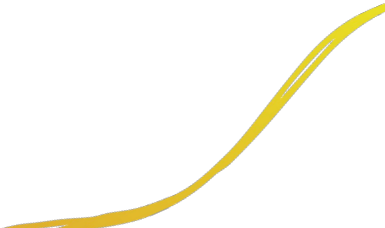


# Exec Team Positions

## VP Media

-  Manage Chapter social media account
-  Advertise Chapter events + happenings on social media
-  Maintain a healthy relationship with social media
-  Small Group Coordinator

## Event Coordinator

-  Plan + execute Weekly Workout events
  -  Promote different events to the Chapter + get members to attend!
  -  Work with a co-event coordinator (\*be a great team player!)
  -  Small Group Coordinator
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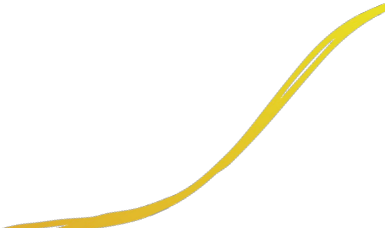


# Exec Team Positions

## Secretary

- 🌸 Manage team organization – keep people on track!
- 📣 Manage attendance + analytics
- ✉️ Keep notes/track of all exec team meeting minutes
- 💕 Small Group Coordinator

## Treasurer

- 🌸 Plan + lead fun socials for the Chapter
  - 📣 Promote socials + get Chapter members to attend
  - ✅ Create + manage a Chapter budget
  - 💕 Small Group Coordinator
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# Ready to apply? Next steps!

All election information will be in your Chapter's weekly Newsletters for the below weeks. Reach out to your Ambassador if you are wondering when specific things happen for your Chapter! 💕

## Spring Semester Timeline:

- ✨ Week 6: Election committee forms
  - ✨ Week 7: Ambassador applications open/due
  - ✨ Week 8: Exec team applications open
  - ✨ Week 9: Exec team applications due
  - ✨ Week 10: Exec team interviews
  - ✨ Week 11: Exec team slated
  - ✨ Week 12: Exec team training + transitions begin
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