

ARE **YOU** UP FOR THE
GREATEST CHALLENGE OF YOUR LIFE?



CEDO NULLI IS NOW
RECRUITING THE 37TH BOARD

Do you have what it takes?

INDEX

Introduction	p. 4
Being a board member - what is it about?	p. 5
The functions	
The Chairman	p. 6
The Secretary	p. 8
The Treasurer	p. 10
The Marketing Officer	p. 12
The Education Officer	p. 14
The Commercial Relations Officer	p. 16
Want to learn more?	p. 18
Application details	p. 19





INTRODUCTION

Dear student,

Are you ready for a life changing experience? Become part of the next Cedo Nulli board! Just like every year, Cedo Nulli is looking for a new board to guide the association for a whole year. With this booklet we hope to inform you about what being a board member means and to encourage you to apply for a position in the 37th board of Cedo Nulli.

As the board of Cedo Nulli, you are responsible for the entire faculty association with over 2500 members and 100 committee members. You will engage in organizing and supervising various activities such as a career week, four different trips abroad and countless of diverse study or career related events for your members.

You will guide people, develop and execute a strategy to lead a large organization, and learn how to deal with an intense workflow, while developing yourself maximally.

A board year offers you the opportunity to learn about your strengths and weaknesses, to develop your social and professional skills, and to create a unique bond with a diverse group of ambitious people you will be intensively working with. Being a board member can be a stressful job, but the rewards are well worth your while. A board year at Cedo Nulli is an unforgettable experience that will stay with you for the rest of your life. It is not only a great learning experience, but also incredibly fun to do. You will attend a lot of activities and meet many new people. This experience also looks great on your resume, which will give you an advantage when applying for your dream job.

This booklet will suffice you with information about a board year at Cedo Nulli in general, and about the tasks and responsibilities for the different functions. You will also find an overview of the activities of every board member summarized in a week. The application procedure is clarified at page 19 of this booklet.

In order to discover which position suits you best, you can read the information in this booklet and on our website. However, you can also come to our information meetings; check out page 18 of this booklet. Moreover, you can send us a text to schedule a easy talk, in which we run you through our days and the things we do during this year!

Make your upcoming year count by applying for the 37th board of Cedo Nulli! We are looking forward to your applications!

Kind regards,
On behalf of the 36th board of Cedo Nulli,

Bas van Kruijing
Chairman of the 36th board of Cedo Nulli

BEING A BOARD MEMBER - WHAT IS IT ABOUT?

Doing a Board year at Cedo Nulli is a fulltime position for the duration of one year, for the 37th Board this will be from september 2021 until september 2022. During this year you will be in charge of the day to day operations of the association.

In every Board there are different functions, namely the Chairman, Secretary, Treasurer, Marketing Officer, Education Officer and Commercial Relations Officer. Each position holds their own tasks and responsibilities. Although every board member has its own function, doing a Board year is more than just your function. Together with the rest of your board you will lead the whole associations and have many shared responsibilities. Besides this, you will share a lot of experiences and developments.

You will start out as 6 individuals, but gradually you will grow into a strong team. During the Eureka week and the weeks after that you will be recruiting new members and convincing students to apply for a committee. Each board member will supervise several of these committees and projects. Some of these committees and projects are fixed to a specific function, others will be divided among the board members.

Soon after you have been installed as a board member, you will go to many Constitution Drinks, which basically are celebrations that new boards of befriended associations have been installed. During these drinks you will meet many other boards from different associations in Rotterdam and other cities. Besides that these evenings are a lot of fun, you will make new friends. During your year as a board member, you can benefit from these friendship to exchange ideas, experiences and knowledge, but also have a lot of fun together! Furthermore, you will enjoy the monthly board trips together with your fellow board members, during which you will do fun activities together and strengthen the team spirit. As the year progresses, you will get to know each other very well, both professionally and personally.

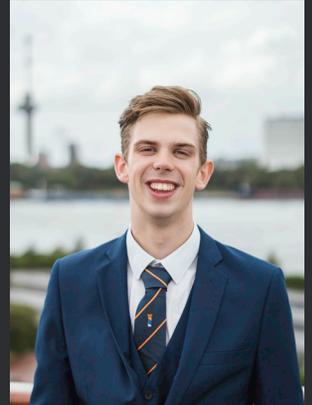
With your Board you will report your activities to the General Assembly, the highest body of the association. These Assemblies will generally occur three times a year. Together with the Senate, the advisory body to the Board, you will work on the long term strategy of the association. Next to this you will have monthly buddy meeting with your buddy from the Senate, someone you can go to for advice or to vent your frustrations.

Because there will definitely be some frustrations. A Board year takes a lot of hard work and dedication. At times it can be tough and very challenging. But especially then, you can always rely on your fellow board members. And in the end the reward is very much worth it. Because ultimately, at the end of your Board year, you will have developed a lot of invaluable skills and you will not only have had an incredible once in a lifetime experience, you will also have made friends for life!

THE CHAIRMAN

Main tasks of the Chairman

- » Ultimate responsibility for the entire association
- » Supervising the day-to-day business
- » Supervising the long term goals and the policy of the association
- » Maintaining the rules as set in the regulations of the association
- » Leading, supporting, and advising fellow board members
- » Coordinating the committee chairmen
- » Preparing and chairing board meetings and the General Assemblies
- » Representing Cedo Nulli on internal and external occasions
- » Maintaining contact with other faculty/study associations



As Chairman of Cedo Nulli you are leading an association of more than 2500 members and are ultimately responsible for its performance. The position of chairman consists of many responsibilities; therefore, it is necessary to be able to create structure and overview. Together with the other board members, you will be in charge of the day-to-day business of the association. You will lead the board and support other board members where necessary. Furthermore, you are responsible for monitoring and executing Cedo Nulli's policy (beleid), the long-term strategy, the regulations of the association (statuten) and the bylaws (huishoudelijk reglement).

As Chairman it is your job to set priorities and to take decisive action when needed. Therefore, a social and accepting atmosphere is important for the cooperation. Furthermore, as the Chairman you are the 'face' of the association, which means you will maintain contacts within the Faculty of Social and Behavioural Sciences, the other associations and the University as a whole. You will participate in KORF (Koepel Overlegorgaan Rotterdamse Faculteitsverenigingen), which is an organisation consisting of all the faculty associations in Rotterdam. In these meetings you will discuss business that matters to all associations, such as new university policies as well as solving frequently asked questions within other associations. You will also participate in the Interfaculty Rotterdam, which organises grand activities for particular study associations together, for example the Interfaculty Gala during normal years. Furthermore, you will be in contact with the Senate and you will participate in Audit Committee meetings as a secretary.

Can you lead a team, make difficult decisions, keep an overview, do you have a good sense of responsibility and are you able to watch over the greater good of a team? Then Chairman could be the right choice for you!

If you have any questions regarding this position, please do not hesitate to contact our current Chairman at chairman@cedonulli.nl or drop by our office. We gladly make time to answer any questions you might have!

A WEEK IN THE LIFE

What a typical week in the life of the Chairman might look like

Monday

- Morning* Preparing Board meeting
KORF meeting
- Afternoon* General check on policy and this week's planning
Going for a long walk
- Evening* Meeting with the Study Trip committee

Tuesday

- Morning* Weekly Board meeting
- Afternoon* Action points Board meeting
Personal conversation with a fellow board member
- Evening* Dinner at my parents' house

Wednesday

- Morning* Sleep in
Working out
Working on personal policy
- Afternoon* Preparing Interfaculty meeting
Meeting with the Community committee
- Evening* Cedo event

Thursday

- Morning* Board day start
Interfaculty meeting
- Afternoon* Meeting with the MUN committee
Eating dinner with friends
- Evening* Cedo event

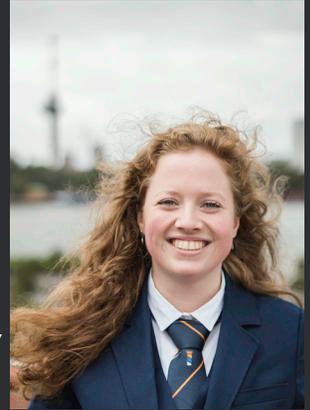
Friday

- Morning* Sleep in
Preparing the Landelijk overlegorgaan Bestuurskunde (LOB) meeting
- Afternoon* Meeting with LOB
'VrijMiBo' with the Board
- Evening* Meeting with friends

THE SECRETARY

Main tasks of the Secretary

- » Maintaining the membership database
- » Making and sending the newsletter
- » Taking care of the website
- » Taking care of incoming and outgoing mail
- » Responsible for information management
- » Responsible for the privacy of the members
- » Responsible for the minutes of the board meetings and General Assembly
- » Being the Cohesion Officer (OPTIONAL)
- » Keeping alumni, former board members and donors involved
- » Guiding the Secretaries of the committees



As the Secretary of the board you are involved in many aspects and facets of the association. The function of the Secretary is one that is more in the background, but is nevertheless very important and rewarding! After all, you keep an overview for your fellow board members and provide a strong foundation on which they can rely and build upon. The Secretary is responsible for the administrative side of the association, which includes tasks such as managing the website, sending the pieces for the General Assemblies, keeping record of the membership database, guarding the privacy of members and managing the calendar and invitations for the board. The information management is also part of your job, which means that you have to make sure that any important information and data is being collected and stored in an organized and accessible manner. All these tasks require accuracy and reliability. Therefore, punctuality is one of the most important skills of the Secretary.

Next to these administrative tasks, the Secretary is also responsible for the formal communication to the members. They take care of incoming and outgoing mail, send the monthly newsletter and make the minutes of the board meetings and the General Assemblies.

As you might have noticed by reading the text above, the function of the Secretary is a very diverse one. You often have short-term tasks, which you will complete right away. Although a Secretary needs to be organized and dedicated, you also achieve clear results which you can be really proud of. Aside from all these basic tasks, the position of Secretary allows you to create your own challenges and to enjoy your board year to the fullest!

If you have any questions regarding this position, please do not hesitate to contact our current Secretary at secretary@cedonulli.nl or drop by our office. We gladly make time to answer any questions you might have!

A WEEK IN THE LIFE

What a typical week in the life of the Secretary might look like

Monday

Morning Answering emails
 Making sure the website is up to date

Afternoon Preparing for the weekly board meeting
 Making sure all action points are done

Evening With friends

Tuesday

Morning Weekly Board meeting
 Making minutes of the Board meeting

Afternoon Answering emails
 Uploading vacancies on the website and send direct messages

Evening Cedo event

Wednesday

Morning Answering emails
 Updating the website with new events

Afternoon Finishing the newsletter
 Working on policy goals

Evening Meeting with the SSCW committee

Thursday

Morning Starting the day together with the Board
 Answering emails

Afternoon Meeting with privacy officer of the ESSB
 Meeting with the Landelijk Overlegorgaan Sociologie (LOS)

Evening Cedo event

Friday

Morning Meeting with Psychology committee

Afternoon Answering emails and having online drinks with the rest of the board

Evening With friends or family

THE TREASURER

Main tasks of the Treasurer

- » Drafting the annual budget, in line with the long term financial strategy and your board's policy
- » Monitoring the financials of the association
- » Making financial decisions
- » Assessing and minimizing financial risks
- » Financial administration and bookkeeping
- » Collecting annual member fees
- » Supervising committee Treasurers
- » Report and be accountable to our Audit committee



As the Treasurer, you have a lot of responsibilities, which will mostly be about the finances of the association. You will monitor the finances, do the financial administration and make financial decisions. To do this, you will work together with a lot of people: your Board, the committee Treasurers, and external parties. This means that you will play an important role in almost every aspect of the association, to monitor the finances well, and minimize the financial risks. This is really challenging but also a lot of fun. Besides, you know almost everything that is going on in Cedo Nulli, which is really nice.

At the beginning of the year, you will draft the annual budget, in line with the long-term financial strategy and your Board's policy. It is your task to decide on what we need to invest in or what we need to save money on. Besides, you will monitor all incoming and outgoing transactions, and keep track of how much money is left on each element of the budget. As Treasurer, it is important to monitor the finances of the larger projects really well. This is a reason that the Treasurer is (most of the time) participating in the NMUN project. This is financially our largest project and it is really nice to be part of NMUN, as you will learn a lot about it and skills such as negotiating and public speaking. Each month you will meet up with the Audit Committee. They will monitor the finances and check you as a Treasurer. Since the Audit Committee exists of previous board treasurers, you can go there for financial questions and support.

To sum it up, as the Treasurer of Cedo Nulli, you need to be responsible, punctual, being able to maintain structure and you need to have an affinity with numbers. You also need to be able to firmly stand your ground, because you are the one responsible for a financially healthy association and sometimes this also means saying no, even to your fellow board members. A big responsibility but also an enormous challenge from which you can learn a lot!

If you have any questions regarding this position, please do not hesitate to contact our current Treasurer at treasurer@cedonulli.nl or drop by our office. We gladly make time to answer any questions you might have!

A WEEK IN THE LIFE

What a typical week in the life of the Treasurer might look like

Monday

Morning

Meeting with external parties

Afternoon

Paying bills and making a budget

Evening

Mastergroup event

Tuesday

Morning

Weekly Board meeting

Afternoon

Doing the financial administration

Evening

NMUN training

Wednesday

Morning

Eurekaweek committee meeting

Afternoon

Meetings about events

Evening

Dies committee meeting

Thursday

Morning

Start of the day with the Board

Afternoon

Working on policy

Evening

Dinner with friends

Friday

Morning

Contacting committee Treasurers

Afternoon

Doing the financial administration

Evening

Drinks with the Board

THE MARKETING OFFICER

Main tasks of the Marketing Officer

- » Responsible for marketing: designing and promotion
- » Developing new marketing strategies
- » Keeping track of the marketing planning
- » Responsible for Social Media
- » Responsible for physical promotion at the campus
- » Supervising all Commissioners of Promotion
- » Responsible for the recruitment of committee members
- » Taking pictures during Cedo events
- » Managing the Battle of the Committees
- » Being the International Officer (OPTIONAL)
- » Guiding the International Commissioners



As Marketing Officer, you will make sure everyone knows what Cedo Nulli is and what kind of awesome activities we have to offer. You will focus on the promotion of our activities in general, and designing all sorts of promotion material. Also, social media will be your expertise: you will be managing the Cedo Nulli Facebook page, our Instagram account, and support the Secretary with the website. Through these (and other) channels you will make sure that everyone is aware of all our upcoming events!

As Marketing Officer, you will be designing posters and banners for all sorts of occasions. You will make sure the Commissioners of Promotion get the attention they deserve and are capable of making a poster themselves or with your help. In the beginning of the year, you will give a small introduction about what they will need to prepare for the Facebook events. In your year as Marketing Officer, you will also be responsible for making sure the events are online well before it takes place. Creating a promotion plan for several large activities and looking at possibilities to promote these events as well as you can is of course essential if you want the event to be successful. What is equally important, is the post-promotion. This means that you are also responsible for taking pictures at the events and for the creation of aftermovies for several larger activities.

Talking about the ways of promoting activities, the different promotion channels we use are all very powerful means of promoting. Being in charge of a Facebook page with around 3300 likes gives you the opportunity to spread information very fast. And do not forget Instagram; a social media platform which grows by the day. Additionally, digital promotion is not the only way to make sure people will show up at the different activities; active face-to-face promotion is something that works great and it will greatly improve your social skills and you will learn what works best for different groups of people.

You will also get the chance to promote our wonderful association during the Eureka week, where your main responsibility is to attract as many new members as possible. So put on a smile, activate your social skills and convince those newbies!

A big skill of a Marketing Officer is possessing or being willing to thoroughly understand graphical design software. This mainly means having knowledge of Photoshop, InDesign, Premiere Pro and preferably After Effects. Being able to work with such programs is crucial for your promotion to capture your audience. Having learned such a skill opens up a world of possibilities in your everyday life, both professionally as recreationally. It's a skill you wish you always had before. Can you be the creative force behind Cedo Nulli?

If you have any questions regarding this position, please do not hesitate to contact our current Marketing Officer at marketing@cedonulli.nl or drop by our office. We gladly make time to answer any questions you might have!

A WEEK IN THE LIFE

What a typical week in the life of the Marketing Officer might look like

Monday

Morning

Discussing the Marketing planning with the Secretary
Preparing Insta Stories for the events this week

Afternoon

Meeting with the Party committee

Evening

Work on Battle of the Committee spreadsheet
Cedo event

Tuesday

Morning

Weekly Board meeting

Afternoon

Meeting with International committee
Updating the events on Facebook and Instagram

Evening

Dinner with Friends

Wednesday

Morning

Working on the evaluation for the Buddy Program

Afternoon

Finishing presentation for Board information sessions
Evaluation meetings about Buddy Program

Evening

Working out

Thursday

Morning

Start of the day meeting with the Board
Meeting with Pedagogical Sciences committee

Afternoon

Lunch with friend
Updating the events on Facebook and Instagram

Evening

Cedo event

Friday

Morning

Contacting Drukbedrijf

Afternoon

Meeting with Media Committee
Working on new promotional ideas

Evening

Drinks with the Board

THE EDUCATION OFFICER

Main tasks of the Education Officer

- » Responsible for the communication with the faculty
- » Being the student member of the Management Team
- » Responsible for the recruitment of committee members
- » Organising and being the chair of monthly meetings for all the students involved in the student representations
- » Representing the voice of all ESSB students
- » Organising study groups and recruiting the tutors and assistants
- » Organising study skills support trainings
- » Starting new initiatives in collaborating with the faculty



The position of Education Officer consists of a lot of 'smaller' tasks, a lot of people to keep in contact with and involvement in many different aspects of education. Your general biggest tasks are organizing the study groups, contact with the faculty and contact with the student representation bodies. In September you start with recruiting the new committee members, together with the Marketing Officer. Besides this, you will also work on recruiting new tutors and assistants for the studygroups and thinking about ways in which Cedo Nulli can collaborate with different departments of the faculty in the beginning of the year. This all together makes September a busy month, but it's also a lot of fun to do and a chance to lay a great base for the rest of the amazing year!

As you may have noticed, this position in the Board is very unique! You will come in contact with many students, but also with a lot of employees of the faculty. All the contact of the Board with the faculty goes via you, because you know best who does what and which people you need to reach out to. Also, if the faculty needs something from Cedo Nulli, they come to you. This will all happen next to your day to day business such as thinking about interesting study skills support trainings for the members. Moreover, within this position it is really up to you to think about new and unique ways to strengthen our relationship with the faculty!

Another part of this position is being the student representative in the Faculty Management Meeting. Once every six weeks you will have a meeting with the management team of the faculty, where you will represent all students of the faculty by keeping a critical eye on the plans and affairs of the faculty. Together with the management team you will also join the Faculty Council meetings.

Altogether, the position of Education Officer is really diverse and challenging. It is your task to maintain and strengthen the relationship with the faculty, and you can think about creative ways to do so. You come in contact with many people, such as all the committee members, faculty employees and all the other amazing people you meet in a board year. On the other hand there is the serious part in the communication with the faculty and the responsibility for the study groups. This all gives this function a good balance. You will gather valuable experiences, which you will benefit from even long after your board year is over.

If you have any questions regarding this position, please do not hesitate to contact our current Education Officer at education@cedonulli.nl or drop by our office. We gladly make time to answer any questions you might have!

A WEEK IN THE LIFE

What a typical week in the life of the Education Officer might look like

Monday

Morning

Faculty Management Meeting

Afternoon

Making the schedule for the Study Groups

Meeting with the MiPaS committee

Evening

Dinner with a friend

Tuesday

Morning

Weekly Board meeting

Afternoon

Last preparations for Study Skills Support training

Evening

NMUN training

Wednesday

Morning

Sleeping in

Making the agenda for the Faculty Student meeting

Afternoon

Study Skills Support training: Get a grip on your bad habits!

Evening

Meeting with Freshmen committee

Cedo event

Thursday

Morning

Catching up with the Board

Processing Study Group evaluations

Afternoon

Meeting with faculty about collaboration

Evaluation meeting with Study Group tutor

Evening

Cedo event

Friday

Morning

Faculty Student meeting

Afternoon

Working on action points from the Board meeting

(Online) drinks with the Board

Evening

Going back home to parents for the weekend

COMMERCIAL RELATIONS OFFICER

Main tasks of the Commercial Relations Officer

- » Acquisition of sponsoring funds for our association
- » Maintaining contact with existing partners and find new partners
- » Writing subsidy requests for larger projects
- » Carrying out administrative tasks
- » Organizing career related events
- » Supervising several career related committees
- » Guiding the Commissioners of External Relations
- » Being in charge of our LinkedIn account



Being the Commercial Relations Officer is a very challenging and fun position. You are the board member to keep close contacts with Cedo Nulli's partners, which is very useful for your professional network and communication skills. Your task is to connect Cedo Nulli members with the labor market and to create career opportunities. For example, you try to find interesting internships and traineeships vacancies. Furthermore, you organize career events for students, mostly in collaboration with committees. With these events, you achieve your acquisition target. Achieving your target is a really exciting and challenging task. Besides this, you are responsible for keeping the administration of all external contacts. Lastly, you are responsible for Cedo's LinkedIn account and writing subsidy requests for big projects organized by Cedo Nulli.

Forming and maintaining professional relationships with companies is very important, and will teach you a lot of useful skills such as being assertive and communicative. Also, you get the opportunity to visit companies all over the country. This is certainly useful for your future career and network. Besides this, the position of Commercial Relations Officer can help you grow in your confidence, since you get to negotiate and close deals with companies. You will learn to find a balance between being sociable and still closing a good deal for Cedo Nulli. This can be very beneficial to your personal and professional growth!

You might be a bit concerned about the 'sales aspect' of this position. Reaching an acquisition target can sound quite scary, and you might feel like you will have to be very commercial or experienced for this position. In my experience however, this is not really the case. Companies are very eager to meet students, and are happy to pay a financial compensation to attend career events. I have noticed that most of all, this position is about being social and enthusiastic about involving companies in Cedo Nulli. This makes being the Commercial Relations Officer really accessible and fun, even if you are not interested in a career in sales.

Although you do some of your work individually, you also work together with the Treasurer, since she needs your efforts in order to fund the activities organized by Cedo Nulli. Additionally, the Secretary will help you to send out direct emails, and put messages or vacancies on the website. Together with the Marketing Officer you will put promotional messages on Cedo Nulli's social media accounts. I personally love the balance between my individual tasks and the cooperation with my fellow board members!

If you have any questions regarding this position, please do not hesitate to contact our current Commercial Relations Officer at external@cedonulli.nl or drop by our office. We gladly make time to answer any questions you might have!

A WEEK IN THE LIFE

What a typical week in the life of the Commercial Relations Officer might look like

Monday

Morning

Answering emails of partners and send out new mails to potential partners

Afternoon

Meeting with a partner
Meeting with SSCW committee

Evening

Cedo event

Tuesday

Morning

Weekly Board meeting

Afternoon

Calling a partner
Updating the administration in Nutshell

Evening

Meeting with the Career Orientation committee

Wednesday

Morning

Work-out

Afternoon

Preparing meeting with the Commissioners of External Relations
Writing subsidy report for SSCW

Evening

Eating with friends

Thursday

Morning

Working on my policy

Afternoon

Meeting with the Sports- and Activities committee

Evening

Cedo event

Friday

Morning

Sleep in

Afternoon

Meeting with Commissioners of External Relations
'VrijMiBo' with the Board

Evening

Dinner and game night with friends

WANT TO LEARN MORE?

Board Information Meeting #1

January 21st

General information about being a boardmember. There will also be specific information about specific board-positions, and how they interact and perform on their own. You will acquire an insight in our day to day business.

Board Information Meeting #2

February 12th

General information about being a boardmember. There will also be specific information about specific board-positions, and how they interact and perform on their own. You will acquire an insight in our day to day business.

Board Information Meeting #3

March 15th

Former boardmembers will be present to tell about their own experiences as a board member. There will also be specific information about specific board-positions, and how they interact and perform on their own. This session ends with an informal session.

Board Information Meeting #4

April 8th

Position-specific cases with a diverse amount of challenges and possible solutions. There is room for discussion about position-specific problems you may encounter.

Board Information Meeting 5#

April 26th

Position-specific cases with a diverse amount of challenges and possible solutions. There is room for discussion about position-specific problems you may encounter. And we will end this session with a Q&A.

We hope to welcome you to one of these events to give you all the information you need and to answer all your questions! Needless to say, you can always adress any further questions to one of the board members via e-mail or in person.

APPLICATION DETAILS & PRACTICAL TIPS

The applications open on the 15th of March. You can apply before 23:59h on *Sunday the 9th of May*. You can send your application to application@cedonulli.nl. Please include your motivation letter and CV. You can address your letter to Bas van Kruijing, Chairman of the 36th board.

Some guidelines for your application:

Formal requirements

- » Make sure your motivation letter is no longer than 2 pages;
- » Please use Times New Roman, size 12;
- » Please hand in your motivation letter and CV as a PDF file;
- » You may hand in your CV and motivation letter in either English or Dutch, however make sure they are both in the same language;
- » Make sure your CV has all your contact information on it.

Content guidelines

In your motivation letter, please explain the following:

- » Your motivation to apply for a board year;
- » Why you apply specifically for the board of Cedo Nulli;
- » What you want to learn and what you hope to get out of a board year;
- » The position(s) you prefer and why those position(s);
- » Why you are the right person for that/those position(s).

Please be as specific as possible and illustrate all statements with relevant examples and/or experiences.

WE WISH YOU THE BEST OF LUCK WITH YOUR APPLICATION!



FOR MORE INFORMATION, CHECK

WWW.CEDONULLI.NL

OR CHECK OUR FACEBOOK PAGE FOR UP-TO-DATE INFORMATION ON UPCOMING INFORMATION SESSIONS

