

AMTA-KY CHAPTER SUMMER MEETING 2014

BY: Marianne Smith

Words are to writers what oil is to bodyworkers. This summer's AMTA Conference held at General Butler State Resort Park gave volunteers an opportunity to delve into both. Officers and other volunteers gathered Friday evening to break bread and prepare for events/seminar week-end. Kentucky's newly elected President Justin Magnuson put us to task, (of course!) by giving us a team building exercise he had engaged in at a previous leadership gathering. Four teams were instructed to define four elements of AMTA. That is, we pondered: Strengths, Aspirations, Opportunities, and Results. Did I mention each team had three whole minutes to define specifics before time allotment instructed us to move to the next category? The words we shared were numerous, approximately 20 per category and each equally uplifting.

There has been research into vibrational levels of words such as gratitude and integrity. While I can't quote the specific study, I can attest to feeling a kinship/belonging with the AMTA members and truly enjoyed the laughter we generated. The next day's events seemed to flow into place from the centerpiece decorating team to the registration desk and welcoming of members.

We are privileged to be part of these focused mentoring opportunities. Statistically KY's AMTA boasts outstanding numbers at conferences. We are particularly strong in summer meetings, which is atypical.

The word I choose to end with showed up in three of the four categories. It is something a writer and bodyworker can never have enough of: **GROWTH**. I see the growth in students that are willing to step out of their comfort zone and attend meetings. I see the growth of massage therapists that crunch their budgets to learn new skills and ongoing review of anatomy and ethical dilemmas. I see leadership in individuals that report they never believed they would shoulder such responsibility. I see we keep it real.

Marianne Smith