



3711 Butler Street | Pittsburgh, PA 15201 | info@open-up.org

Join Open Up's Board of Directors

Open Up is seeking committed, values-aligned leaders with diverse backgrounds to join our Board of Directors and help guide our next decade of growth.

About Open Up

Open Up is a Pittsburgh-based nonprofit dedicated to making mindfulness and movement accessible to all, centering people with disabilities. Through free community classes (Open Spaces), school-based programming (Open Schools), training and professional development (Open Training), and digital offerings, we provide inclusive, trauma-informed wellness experiences that build regulation, belonging, and connection.

As we enter our next chapter of strategic growth and sustainability, we are expanding our board to strengthen governance, fundraising, and long-term impact.

Who We're Looking For

We are actively recruiting board members with expertise in:

- Fundraising & Development
- Law
- Human Resources
- Finance / Accounting
- Nonprofit Governance
- Strategic planning or sustainable organizational growth experience

We are especially seeking individuals who can support revenue diversification, relationship-building, and long-term sustainability planning.

Our Commitment to Diversity, Equity & Disability Justice



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Open Up welcomes applicants of all backgrounds and abilities. Open Up centers disability inclusion in our mission and programming. We strongly encourage individuals with lived disability experience to apply.

We also seek board members who reflect the racial, cultural, socioeconomic, gender, and life experience diversity of the communities we serve. We believe that strong governance requires a range of perspectives, identities, and lived experiences. Representation matters not only in programming, but in leadership and decision-making.

Board Member Responsibilities

Board members serve as ambassadors, fiduciaries, and strategic partners of the organization. Core responsibilities include:

- Providing governance and strategic oversight
- Ensuring financial accountability and long-term sustainability
- Supporting and evaluating the Executive Director
- Participating in strategic planning and policy development
- Serving on at least one board committee

Fundraising Expectations

Board members play an active role in ensuring Open Up's financial health. This includes:

- Making an annual personal financial contribution that is meaningful relative to your capacity
- Assisting with donor cultivation and relationship-building
- Supporting fundraising events and campaigns
- Identifying and opening doors to potential funders and partners

We believe fundraising is relationship-building rooted in mission alignment — not transactional solicitation.

Commitment: 2.5-4 hours per month

- Attend regular board meetings (every other month)



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- Attend regular committee meetings (one per month or EOM)
- Serve a 3-year term (renewable for 2 terms beyond)
- Yearly donation and fundraising support
- Engage in relevant committee work between meetings
- Participate in occasional community events

Why Serve?

Open Up is at a critical growth moment. Board members will help shape the next phase of our strategic plan, strengthen sustainability systems, and expand access to inclusive wellness for children, educators, and community members across the region.

Serving on the Open Up board is an opportunity to advance disability inclusion, community wellness, and equitable access to wellbeing in Pittsburgh and Allegheny County, PA. You'll have the opportunity to make a lasting difference in inclusive communities while growing as a leader.

If you are interested in learning more, please contact:

Tessa Karel at tessa@open-up.org 412-337-6875

We welcome conversations with prospective members to answer questions and determine mutual fit.