



AGM 2023

(Incorporated Number: A43671)

ABN 41411412671



Promoting self healing

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**Fear of death exists only
in those who are ignorant
of their own souls.**

Pythagoras



Johnsen, Linda. (2016) *Lost Masters*, New World
Library, An Eckhart Tolle edition, USA p 19

The Board



Joy Nugent
Founder and Coordinator

Joy Nugent has a history of giving. She was co-founder of the Mary Potter Foundation, Founder of Friends of Hospice, and Founder and CEO of NurseLink Foundation. Over thirty years as a private palliative care nurse, Joy delivered palliative care programs in Australia and for ten years to East and West Malaysia. Her style of care and education honoured the soul's journey. This experience is shared in her many books.

Joy invites you to visit her author's website:
www.joynugentbook.com



Nathaniel Nguyen
Chair

Nathaniel is currently a senior associate at JL Lawyers. He regularly advises charities and other NFPs in relation to their legal obligations, governance, risk exposure and compliance strategies. He holds a Bachelor of Laws (Honours) degree and a Bachelor of Commerce (Corporate Finance) degree from Adelaide University.



Di Thompson

Di was a former co-founder, director, and shareholder of the technology company C&PA, Adelaide. She left this enterprise when her husband experienced a stroke 20 years ago and became the General Manager of Adelaide Hills Magazine. She guided the sale of this business which included a two-year consulting agreement before taking on her current position as the Operations Manager of One Advisory – a boutique Adelaide accounting and advisory firm.

In this role Di is responsible for the working of the practice, HR, IT, marketing, strategy, and assistance to the Directors of the business. Di has coached and assisted many start-ups and established businesses over the years. She has a passion for business and people. Her personal and professional life is interwoven with a meditation practice.



Dannie Fox

Dannie is an experienced Board Director with extensive professional experience and executive leadership accomplishments in business and philanthropy along with strong corporate governance and risk management knowledge.

She has a passion for assisting corporations understand the need to transition to sustainable business practices and lives by the principles of All people, One planet.



Dr Roger Hunt

Dr Roger Hunt was a pioneer of palliative care in SA; a founding member of Daw House Hospice (site of the world's first Chair of palliative care); established post-graduate courses at Flinders University; a founding Fellow of the Chapter of Palliative Medicine; former Chairman and Honorary Life Member of the Palliative Care SA; awarded a Doctorate of Medicine for a thesis entitled 'Epidemiology of Terminal Care in SA'; published extensively on clinical, ethical and legal aspects of end-of-life care; and appointed to several government panels regarding advance care planning and voluntary assisted dying. He is currently a private Palliative Medicine Consultant.



Justin Nugent

Justin Nugent has a legal and marketing background and is a lifelong supporter of his mother's professional work. He runs an international logistics and freight business and acts as Global Ambassador for Bird in Hand Winery.

His role on the Board is to maintain the viability of Soul Talks Incorporated with fundraising and events.

Welcome to the 2023 Annual Report which I am pleased to submit on behalf of the Board of Soul Talks Inc for the financial year ending on 30th June 2022. Soul Talks is a small charity registered with ACNC. I report as follows:

Training Activities for End-of-Life Companions

Training for end-of-life companions has been the main activity. Six two-day training sessions covered in general the attitude, knowledge, and skills required to be an effective end-of-life companion. Concepts included:

- Self-awareness using the Myers Briggs Typology
- Communication skills for differing personalities
- Normalising grief and self-empowerment
- Highlighting achievements and the benefits of a Living Wake
- Reflecting on, and honouring, the life lived
- The benefits of forgiveness and connecting to Oneness
- Appreciating a non-judgemental approach
- The role of energy in healing thoughts and emotions
- The benefits of focusing on the breath
- The benefits of going inward with meditation
- Life after death from an esoteric perspective
- Making Advance Care Directive
- Encouraging feelings of love and living in the present moment

Our thanks and appreciation is extended to Jonathan MacIntyre who assists Joy with the training and to Keystone Printers who print and deliver the PowerPoint handouts.

Soul Chats

Ujwala Asundi-Kumar is to be praised for the Soul Chats' program. In this program Ujwala interviews people from all walks of life about their understanding of soul and their attitude to relieving death anxiety. Those interviewed to date include Dr Roger Hunt, Tim James, Anne Rodgers, Elizabeth Keane PhD, Christine Moriarty Diamond, Briget Kelly, Lyn Rose, Joy Nugent, Graeme Hoyle, Dr Tom Nehmy, Jonathan MacIntyre, Carol Kretschmer, and Louise Pearton.

The chats are five to ten minutes long and are sent to members fortnightly. The insights and wisdom shared between Ujwala and her guests is inspiring and informative. Feedback from members is encouraging.

Preparing the Way

This is Soul Talks latest initiative for staff, residents, and their families in Aged Care Facilities. Brochures have been developed and distributed offering free forums on Preparing the Way.

Members' Updates

These are circulated by bulk email from the Aurum computer program and by printed A5 copies. The board wishes to thank the following contributors to this activity:

- Dr Roger Hunt on Psychedelic Therapy
- Briget Kelly on Voluntary Assisted Dying
- Susie Ford on Healing Past Wounds
- Joy Nugent on Soul and Life After Death

Aurum Computer Program

Domenic Verlingieri from DebugiT has worked closely with Soul Talks to develop a computer system that records information for both Hunab Ku Oneness and Soul Talks. The objective is to interface with the Xero Phase 2 accounting program. Aurum records:

- Relevant details of a supported person
- Details, skills, and categories of Soul Talks and Hunab Ku Oneness members
- Inputs and Reports:
 - Membership due
 - Volunteer hours
 - Invoiceable hours for employees and contractors
 - Hourly rates to be charged to the person being supported
 - Hourly rates to be charged on behalf of companions.

The Joy of Christmas Annual Event

This event was held at the Bird in Hand winery in the Adelaide Hills in December, 2022. Tanya de Jong AM from Mind Medicine Australia was the guest presenter. Her topic was The Therapeutic Use of Psychedelics in Terminal Care. Tanya, the founder of Music Theatre Australia and Pot Pourri also gifted the audience with her uplifting voice. It was a delightful occasion and again the Board wishes to thank Bird in Hand for providing the venue.

Volunteers

A sincere thank you is extended to fellow Board members and to Manish Pradhan for preparing the financial reports. The Board's gratitude extends to Karen Aitken, Ana Margaritis, Alison Flanagan, Loraine Flanagan, Mary Brown, Cate Davis, Elizabeth Keane, Sylvia Findner, Susie Lehman, Briget Kelly, Ingrid Kellenbach, Jonathan MacIntyre and Joy Nugent for serving in a volunteer capacity with training. Appreciation and gratitude to Julie Lymn from One Advisory for Xero entries and to One Advisory for discounting Xero membership.

Website

The Soul Talks website www.soultalks.com.au is maintained by Frank Stillitano from Flux Graphic Designs. Updates are provided for the Free Forum program, quarterly Newsletters, educational videos, and articles as well as AGM reports and profiles of the current Board members. Our gratitude to Frank for his contributions.

Memberships

Currently the membership stands at ninety-nine. Members are entitled to vote at the AGM, receive Soul Chats and Members' Updates as well as receive the quarterly Newsletter.

Vision Statement

The vision of Soul Talks Inc. is to promote and encourage self-healing and to relieve death anxiety by spreading an understanding of soul-centered care.

Mission Statement

Soul Talks Inc. offers its members and the wider public a range of events, training, and education resources to alleviate death anxiety.

www.soultalksbooks.com and
www.soultalks.com.au

Values

- Demonstrate a legal and professional approach to activities.
- Uphold high standards of accountability and trustworthiness.
- Ensure due diligence in the management of memberships and donations.
- Strengthen communication with the wider community.
- Demonstrate compassion, kindness, and inclusiveness.
- Promote the spiritual principles of Oneness and Soul-Centered Care.

Goals

- 1 Offer two-day training sessions as required for End-of-Life Companions who have a range of skills and seek to volunteer and/or to be employed in the Aged Care sector by Hunab Ku Oneness.
- 2 Distribute a promotional booklet offering a free PowerPoint presentation Preparing the Way to Aged Care Facilities as well as a free booklet on Funeral Planning
- 3 Grow memberships via the Soul Chats program and Members' Updates
- 4 Grow a social media profile on Facebook and LinkedIn.
- 5 Seek donations and a government grant to support the programs.
- 6 Acknowledge the support given by Hunab Ku Pty Ltd. This company is the owner of the copyright of the books written by Joy Nugent and Elizabeth Keane PhD.
- 7 Train ten new Soul Companions per month
- 8 Increase Soul Talks membership from 100 to 200

Promotion

The website www.soultalks.com.au will continue to advise visitors of the current Board Members and AGM Report as well as provide information regarding memberships, educational opportunities, the Video library, Soul-Centered End-of-Life companion training, and the quarterly Newsletter. Distribution of the Preparing the Way brochure is a priority. Update the www.soultalksbooks.com website with US agent Dave Richards.

Signed

Chair - Nathaniel Nguyen



17 / Aug / 2023

Profit & Loss Statement

extract for the period ending 30 June 2023

	(\$)
Income	
Event	2,200
Donations	46,785
Membership	3,055
Subscriptions	25
Other Income	
Interest Received	-
Total Income	52,065
Expenditure	
Marketing	9,348
Event	6,696
Computer Program Charges	5,390
Accounting Software	5,280
Office & printing	4,225
Video Recording Expenses	3,886
Soul Chats	3,000
IT expenses	1,180
Subscription	1,076
Website Services	1,056
Rent	590
Admin Fees	500
Insurance	366
Catering	228
Stripe Fees	109
Forums	51
Bank Fees	6
Total Expenses	42,985
Profit Before Surplus	9,080
Retained Earning at the beginning of the month	1,550
Retained Earning at the end of the month	10,630

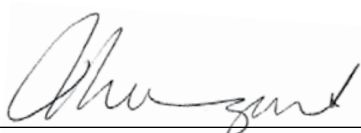
Soul Talks Incorporated
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Balance Sheet

extract for the period ending 30 June 2023

	(\$)
Assets	
Current Assets	
Cash and Cash Equivalents	10,630
Total Current Assets	10,630
Liabilities	
Current Liabilities	
Total Current Liabilities	-
Net Assets (Liabilities)	10,630
Members' Funds	
Retained Earnings	10,630
Total Member's Funds	10,630

Signed



17 / Aug / 2023

Director - Joy Nugent



www.soultalks.com.au

