

TRAGER FOUNDATION STRATEGIC PLAN 2023

MISSION

The mission of the Trager Foundation is to support the growth and accessibility of somatic treatment modalities that utilize movement and client conscious awareness. Our mission includes outreach and collaboration with other like-minded organizations in the publication of research.

VISION

Activities of the Trager Foundation include providing research grants for projects that explore and document the effectiveness of somatic treatment modalities, as well as reporting research showing the effectiveness of other mind-body, and movement re-education approaches.

CORE VALUES

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| Collaboration Share information with somatic practice practitioners. | Dynamic Exchange Understand issues facing somatic practices. Provide platform for information exchange. | Outreach Share results of research with public and across somatic practice Organizations. | Exploration Support additional research. |
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STRATEGIES FOR SUCCESS

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| Board Development Capacity building (Advisory Board) Team-based network | Project Development Public Education (Website) Fundraising (Develop Revenue Streams) Research | Expand Awareness Provide platform and resources for somatic practices to connect with medical, health, wellness communities |
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SUPPORT MECHANISM (TEAMS)

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| Fundraising | Research | Public Education | Website Development | Outreach Communications |
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GOALS

The Trager Foundation goals for 2023 are:

- Provide a platform for somatic practitioners.
- Achieve global recognition of somatic practices.
- Establish peer reviewed articles showing the effectiveness of somatic practices.
- Explore additional funding resources.

PRIORITIES

The Trager Foundation priorities for 2023 are:

- Development of research opportunities.
- Continue building Board capacity and development.
- Continue evolving and maintaining Trager Foundation website.
- Strengthen communications and information to invite participation in projects.