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Sitting on *any* non-profit board

(e.g. compliance with relevant legislation in your jurisdiction; generic board responsibilities)

Sitting on *this* board

(e.g. context of this organization; the governance model it has chosen)

Sitting on this board *now*

(e.g. needs and goals of the organization during this particular season/board cycle)

***Me* sitting on this board**

(e.g. skills, experience and networks that I bring to the table — why did they ask me?)