

Uniting and Inspiring People through Conscious Breathing

IBF Taskforce: **IBF_UN** and **IBF_Refugees**

Leader: Brigitte Martin Powell

Members: Judee Gee, Vanessa Diezel, Pippa Wheble and Marie-Therese Maurice

Dear IBF members,

This has been a very exciting year for the IBF_UN workgroup as various projects were successfully realised. You will probably have read about some of them in several editions of the IBF Newsletter during the year. Please find below a very summarised report of our activities. You are always welcome to contact me or anyone on the group with your questions and comments.

The IBF_UN Workgroup

Over the last year, members of the IBF_UN Workgroup were: Brigitte Martin Powell (head), Judee Gee and Vanessa Dietzel, plus Pippa Wheble as the representative from the Executive Team, Marie-Thérèse Maurice (invaluable with her UN experience) and Veronique Batter (until she left this group to concentrate on heading the World Breathing Day group).

Since the last AGM, we met online 9 times for 1 ½ hours each time. Some of us also met in between those calls to discuss specific projects when required.

The main topics addressed during our IBF_UN meetings this year were:

1. Redaction of an A5 leaflet to introduce IBF at UN meetings (and more)
 - Available at GIC2019 for participants to take home to promote IBF in their country
2. Redaction of the IBF_UN and IBF_Refugees pages on the new IBF website
3. Support to IBF_Refugees project group, sounding board for the pilot missions in Athens
4. Support to World Breathing Day (WBD) project group, especially re its registration with the UN
 - See WBD separate report to the AGM by Veronique who is now leading this project
5. Ensuring IBF's presence at the 68th UN Civil Society Conference in Salt Lake City in Aug 2019
 - JoAnn is registered to present the Conscious Breathing in the Classroom Training to the delegates of this conference
6. Officialising the IBF's Partner programme
 - Preparation of 2 proposals to be voted on by the assembly at GIC2019 to clarify our Partner programme and add it to the IBF By-Laws
7. Support to the creation of a CB mobile phone application for IBF
8. Fundraising
 - Proposal to be voted by the assembly at GIC2019
9. Information to the IBF membership through the Newsletter and Facebook.

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The IBF_REFUGEES Project

Main contributors to this project over the year were Brigitte Martin Powell and Judee Gee. All IBF_Refugees project topics were included in the IBF_UN meeting agenda.

Conscious Breathing for Trauma Recovery (CBTR) Pilot Project in Athens

For mission #3, Brigitte, went back Athens for 1 week in December 2018, with Judee supporting her from her home. Together they finalised our CBTR training package and Brigitte delivered 2 CBTR workshops and the first CBTR training for workshop facilitators.

Our CBTR project in Athens is now firmly established and running in a sustainable format, thanks to the support of local IBF members, Paul Jones, former IBF NR for New Zealand, and his Greek partner Stathia Zouganeli.

We are grateful to the IBF Breathwork Development fund who funded this mission (£170) and also to two participants of GIC 2018 who contributed a total of €60 towards the mission.

CBTR Projects in the Middle East

Improvements in the political situation in Syria resulted in the big NGOs withdrawing from refugee support in camps, to finding them shelter and jobs back home. Hence, they were no longer interested in our CBTR programme. Another possible project in Lebanon was abandoned for security reasons.

CBTR Projects in Calais

Plans to bring our CBTR programme to Northern France were compromised by the burning down of the main building of the NGO that was to host us.

Fundraising for our CBTR projects

A new proposal will be put to the AGM 2019 with a view to empower us to use crowd funding initiatives on behalf of IBF to support our projects.

CB Application

The IBF Coherent Breathing smartphone application envisaged originally for the Refugees by Brigitte and Judee is now being developed as IBF CB application for all.

CBTR at GIC2019

At the **GIC2019**, Judee and Brigitte will present an overview of the CBTR program, its relation to IBF's ECOSOC Special Consultative Status, and the opportunities this status offers for the global expansion of Conscious Breathing.

Following the presentation, they will facilitate the 2-hour Conscious Breathing for Trauma Recovery workshop. This includes practical instruction for developing awareness of current breathing habits and specific breathing exercises to recalibrate the autonomic nervous system.

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The IBF_UN and IBF_REFUGEES groups wish to express their gratitude to the Executive Team for their invaluable support and trust in our vision.

We look forward to meeting you at the Global Inspiration Conference 2019 in the USA, where we will be facilitating a discussion for anyone interested in being part of this project or contributing as a volunteer, teaching Conscious Breathing to the Refugees around the world.

With much love,
Brigitte Martin Powell
Head of IBF_UN project

Answers to the Executive Team's questions:

What did you do to attract new individual members and to have more organisational memberships? How did you do this? Any best practices to share?

- We didn't focus on attracting new members for the IBF.

Do you have any suggestions for the IBF as an Organisation?

- We would like IBF to engage in fundraising to support our projects and will be putting a proposal forward at the coming GIC to that purpose.

How can IBF serve you in a better way in your IBF Officer Role or as a Group?

- I would appreciate quarterly online meetings of the Workgroup leaders to catch up with each other and coordinate approaches.

Does this team (team members) still want to take up their current IBF role for the next year? If not, who do you propose as your replacement?

- I, **Brigitte**, am happy to continue as head of the IBF_UN workgroup. Happy to stay as well as head of the IBF_Refugees project group, unless a suitable and enthusiastic replacement is found.

What are your objectives for the next year?

- Setting up worldwide trainings of facilitators of the CBTR trainings and workshops, and developing within the IBF a structure that can hold this growing enterprise. In Europe, Brigitte and Judee plan to organise weekends for breathworkers to be trained in delivering the CBTR workshop and certificate training. In collaboration with Marie-Therese Maurice, we are also considering developing an IBF_Refugees project in Rome this autumn.
- Finalising the creation of a CB application for smart phones.
- Compiling our first Quadrennial Report to the ECOSOC, due on June 1st, 2020.

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Personal notes:

- **Brigitte** – I am delighted to be part of the amazing wave of co-creation the IBF has embarked on. Yes this represents a lot of hard work for most of us (and especially the ET) but there is also a sense of being carried by the spirit of the IBF, i.e. all of the members worldwide. In our IBF_UN group we are looking at aligning our actions with a state of Ease and Grace... and create amazing synchronicities, such as discovering the perfect beautiful people to take over our work in Greece.
- **Judee** - Three years into our ECOSOC mission, we are now beginning to see the fruit of our labours, and will have a substantial amount of material showing concrete action “on the ground” for our 2020 report. Participating in this workgroup is a pleasure. Our meetings are both efficient and nourishing, with a prevailing tone of heart-centred ease, love and wisdom.
- **Vanessa** - I love what we’ve built over the past three years and how we’ve gone about it. I’m very grateful to my wonderful fellow team members, their focus on moving ahead with ease and grace (and not to do so when the energy isn’t there!) I’ve found it very rewarding to see how the consultative status with ECOSOC has provided a platform for bringing conscious breathing to a wider audience and to be able to contribute to those projects in a more supportive role. I look forward to seeing where we go next!

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