

Ambassador Report

Name
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Reporting Year
2026
How do you enjoy serving as an IBF Ambassador? On a scale from 0 to 10, where 10 is the best.
10
General summary: What happened last year? (optional)
I have worked on bringing IBF awareness to the world and of course the concept of conscious breathing. Lots of IBF and GIC promotion.
Would you like to continue in your position as Ambassador for the coming year?
Yes
Did you attract new members? (optional)
Yes
How did you do this? Any best practices to share?
Let people know about IBF and the GIC, their amazing benefits. I wish I had printed flyers. I would like to work in a team recreating the IBF flyers-.
Were you engaged in the World Breathing Day activities? (optional)
Yes
If Yes, please specify the activities for WBD
This 11th. of April I was at a retreat and was able to motivate a group to breathe consciously and ponder about what it means.
Did you attend most Taskforce meetings during the last year?

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Yes
Will you be attending the next conference?
No
Do you plan to attend the online AGM's?
Yes
How do you like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.
5
What would you like to see improved or changed in the organisation?
At this moment I need more time to truly analyze and feel in which direction the IBF is heading.
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
5
What would you like to see changed at the AGM?
I am looking forward to experience this year's AGM. Will give my opinion afterwards.
Room for personal notes (optional)
For a long time I have felt that the Spirit of Breath is not really a priority at the IBF. I would like to go back to names like: Juicy Core Values, and also their promotion. I have more ideas, but I need to submit this report right now. I will stay in touch. Gratitude to the Executive Team and partners, for their amazing work and loving engagement. Hope to see you all again soon.
GDPR Agreement
Accepted
Date of submission
16/06/2026