

# Exec Team Member Report

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| <b>Name</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Anil Altas Brug                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Reporting Year</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>In the Executive Team, I am responsible for:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| As a member of the IBF Executive Team, I am responsible for the overall communication of IBF. I also serve as the ET contact member for two working groups- the Communications Team and World Breathing Day, and Monthly Online Breathing (MOB) as support function.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Overview of my last year's activities</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <ul style="list-style-type: none"><li>- Coordinated IBF information emails with IC, Treasury, IT, and other teams.</li><li>● Created, designed, and distributed monthly newsletters for GIC, Breathing Arts, MOB, and World Breathing Day.</li><li>● Coordinated ET newsletters and social media communications with the Communications Team.</li></ul> <p>World Breathing Day (WBD)</p> <ul style="list-style-type: none"><li>• Coordinated communication channels for World Breathing Day and supported the WBD team before, during, and after the event.</li><li>• Supported the European technical team together with Uldis during the live event for approximately six hours.</li><li>• Coordinated social media advertising campaigns for WBD together with Chris and followed up with Elén.</li><li>• Contributed to making this year's World Breathing Day a great success, with nearly 500 registrations and around 400 participants joining throughout the live event.</li><li>• The social media promotion helped us reach a new audience and significantly increased participation.</li><li>• Together with Turkey's National Representative, Elcin, created special invitation letters and promotional visuals for Turkish participants attending the GIC, highlighting ferry transportation options and visa-on-arrival opportunities. Sent 100 personal invites to inspire the first time comers to GIC.</li><li>• Supported the final review of the Turkish translation of the IBF Breathing App.</li></ul> <p>Forum &amp; Technical Support</p> <ul style="list-style-type: none"><li>• Supported IBF Forums with technical and communication coordination before, during, and after the events.</li></ul> <p>Capacity Building &amp; Process Support</p> <ul style="list-style-type: none"><li>• Trained Linda from Comms Team in creating and sending the MOB Newsletter (starting in May). I am pleased that she is now able to serve as a backup for newsletter operations.</li><li>• Coordinated communication regarding IBF logo misuse together with Kate as an IC member.</li><li>•</li></ul> <p>Communication &amp; Member Engagement:</p> <ul style="list-style-type: none"><li>•</li></ul> <p>Created, managed, and coordinated LinkedIn content and posts for IBF. Supported the growth of IBF's LinkedIn presence, achieving a 25% increase in organic followers/members on the IBF LinkedIn page in 2026.</p> |
| <b>Personal note</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

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| <p>I truly enjoyed my role this year. Although it was my first year as an Executive Team member, it provided me with a much broader perspective of IBF. Working closely with different workgroups, support teams, and members allowed me to better understand the needs of our community and identify opportunities to improve our systems, both manually and through automation.</p> <p>Throughout the year, I experienced my role as a bridge between the Executive Team and the wider IBF community. It was also a very educational year for me, helping me develop a more inclusive and holistic perspective within IBF.</p> <p>One reflection that often came to mind was that, while IBF is not a company, there are times when it benefits from being managed with the structure and clarity of a company, and at other times with the flexibility and relational qualities of a network or community-based organization. Finding the right balance between these approaches feels important for our continued growth.</p> <p>Most importantly, I experienced throughout the year that dialogues, decisions, and actions that emerge from the heart tend to create healthier, more sustainable outcomes. This has been one of my most valuable learnings from serving in the Executive Team.</p> |
| Elected as ET Member in (year)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 2025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Will I continue in my position for the coming year?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Yes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| My objectives for the next year                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

## Exec Team Member Report

To support greater collaboration and knowledge-sharing across teams, helping build stronger bridges between different parts of the organization.

- To encourage the thoughtful use of automation and digital tools as AI- where they can support efficiency while preserving the human connection that is central to IBF.

- To continue listening to members' needs and experiences, ensuring that communication remains responsive, inclusive, and community-centered.

- To contribute to a culture of heart-centered leadership, where dialogue, decisions, and actions are guided by transparency, respect, collaboration, and trust.

In addition, I would like to help expand funding opportunities in a way that is grounded in purpose and joy, even when the work is challenging but necessary for long-term sustainability. I also see value in supporting a clear and well-structured name change process, ensuring it is transparent and consistently communicated across all members.

Above all, I would like to continue serving as a bridge within the IBF community supporting connection, understanding, and cooperation between people, teams, and initiatives while helping IBF grow in a way that remains aligned with its values and purpose.

This includes helping to strengthen the flow of new member invitations and volunteer engagement, ensuring that people who are aligned with the work are welcomed into active contribution. By intentionally connecting volunteers to workgroups, we can bring in fresh perspectives, renewed energy, and greater creativity across initiatives, supporting both innovation and community vitality.

**How much did I enjoy being in my ET role? On a scale from 0 to 10, where 10 is the best.**

10

**How was my experience working with my ET colleagues? On a scale from 0 to 10, where 10 is the best.**

10

**How was it for me to work with the Integrity Committe Team? On a scale from 0 to 10, where 10 is the best.**

8

**How do I like where the organisation is heading?**

10

**Will I attend the next conference?**

# Exec Team Member Report

|                           |
|---------------------------|
| Yes                       |
| <b>My Email</b>           |
| anilaltass@gmail.com      |
| <b>GDPR Agreement</b>     |
| Accepted                  |
| <b>Date of submission</b> |
| 15/06/2026                |