

Exec Team Member Report

Name
Lauren Chelec Cafritz
Reporting Year
2026
In the Executive Team, I am responsible for:
NR and Ambassadors and GIC Council
Overview of my last year's activities
I held monthly meetings with both groups. I created and coordinated the Name Change Forum. I have worked with Mario on website updates. I attended the ET meeting in Switzerland. I represented the IBF in New Orleans for the USA World Breathing Day event. I continue to participate in the review and improvement of documents, policies, and manuals. In my role on the GIC Council, I am helping prepare Greece to host and continue to work and recruit future GIC hosts. In my role with the NRs and Ambassadors, I continue to help them work together and brainstorm ways to increase their country membership and promote breathwork and IBF in their countries.
Personal note
I have enjoyed my time on the Executive Team and I look forward to continuing our work together to prepare our organization for the changes in breathwork in the coming years. I want to continue helping our organization become more inclusive and increase our visibility and presence in the world.
Elected as ET Member in (year)
2025
Will I continue in my position for the coming year?
Yes
My objectives for the next year
1. Help to implement the name change (if it's voted through) 2. Work with NRs and Ambassadors to recruit and retain members 3. Help Italy plan a successful 2027 GIC and work with the 2028 and 2029 host countries to implement their planning process. 4. Collaborate with ET members to continue to improve IBF in a loving and supportive way.
How much did I enjoy being in my ET role? On a scale from 0 to 10, where 10 is the best.

1-07-20261/2

Exec Team Member Report

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.
9
How do I like where the organisation is heading?
10
Will I attend the next conference?
Yes
My Email
lauren@vitalitybreath.life
GDPR Agreement
Accepted
Date of submission
15/05/2026