

National Representative Report

Name
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Country (click and select)
Switzerland
Do you represent a second country?
No
Reporting Year
2026
General Summary: What's happening within the field of breathwork in your country? What actions or activities did you create as the National Representative?
There are different Breathwork Schools who are not a member of IBF. Also different Breathwork events are being organised. I am not quite sure what training background the people have who are offering the events. What was I offering? Not much yet, I contacted the members, got only a few mails back with questions what IBF can actually offer them. I created a Whatsapp Group with almost no reaction.
Number of individual members in your country
5
Number of professional members in your country
15
Number of schools / organisations in your country
3
How do you enjoy serving as your country's National Representative? On a scale from 0 to 10, where 10 is the best.
5

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Reason for lower rating
Difficulty getting started, not knowing who the members are, no reaction from the members
Elected as NR in (year)
2025
Will you continue in your role as National Representative for the coming year?
Yes
What are your objectives for next year?
- Contact the members personally since so less reaction came from the members to my mail. - Organise IBF Family Zoom Calls - Attend IBF Media Training, if possible: where to find more information about this?
Did you attract new members?
No
Have you connected with existing members in your country?
Yes
How was the experience?
Not so much reaction as I was hoping.
Were you engaged in World Breathing Day (April 11) in your country/region?
No
Do you run a national IBF social media channel in your country?
No
Did you attend most NR/Taskforce meetings during the last year?
Yes

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Do you need support from the organisation, or from fellow NR/Ambassadors?
Yes
Please specify what you need
Firstly I would like to know who is really member of IBF, since the list I got doesn't seem to be uptodate. This would help better to really contact the members. In the toolbox that we got is listed what the benefits IBF Membership are. For me this list should be more comprehensive. Many join because they see IBF as a means to quality. What can IBF offer here for the members or in general what can IBF offer for the members? It would be probably helpful to have a mentor to see what steps I can take so that IBF is more known in Switzerland. Social Media Channel: Should this be named IBF Switzerland? Where to get more support here?
How was it for you to work with members of the IBF leadership teams? On a scale from 0 to 10, where 10 is the best.
8
How do you feel about being in service for the organisation? On a scale from 0 to 10, where 10 is the best.
5
Reason for lower rating
I am motivated, but not really started yet.
Will you be attending the next conference?
Yes
How do you like where the organisation is heading? On a scale from 0 to 10, where 10 is the best.
8
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?

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I would do it all online and not necessarily so long meetings.
GDPR Agreement
Accepted
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15/06/2026