

Workgroup Leader Report

Name
Jean Sangale
Email
jsangale@gmail.com
Reporting Year
2026
Select the workgroup you lead (or represent)
Breathing Arts
How do you enjoy being in your role as Workgroup Leader/Representative? On a scale from 0 to 10, where 10 is the best.
7
General summary: What happened last year in your group? Overview of your actions/activities.
The Breathing Arts workgroup has successfully established and launched the IBF Breathing Arts channel. Key achievements include setting up the YouTube channel, implementing the donation system, and delivering a strong programme of live events, including Singing in the Season, creative sessions with Margaret Townsend and Christine Bobba, and Dr Petri Berndtson's philosophy-based session. Attendance and engagement have been excellent, with strong interest in both the live events and growing visibility of the YouTube channel. There is clear enthusiasm for this area of breathwork within the IBF community. The programme is now scheduled through to October, with outreach underway to confirm speakers for November, December, and January. Current development priorities include strengthening technical workflows, improving post-event follow-up, introducing participant surveys, and creating clearer feedback and communication loops after each event. We are also exploring how to better harness the strong attendance numbers and growing enthusiasm to deepen engagement and shape future programming. While some technical and operational processes are still being refined, the channel has built strong momentum and there is significant potential for continued growth.
Did you or your group attract new IBF members?
Yes
How did you do this? Any best practices to share?

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While exact conversion figures are still being tracked, there are strong indicators that the channel is contributing to new member engagement and wider outreach.

Attendance numbers have grown steadily, and the channel is attracting a diverse audience of experienced breath professionals, IBF members, and people newer to breathwork who are joining through practitioner networks and public outreach. The Breathing Arts channel is becoming a valuable bridge between the professional breathing community and the wider public.

We have also established new external connections, including links with Parkinson's groups in Kenya, which open meaningful opportunities for future collaboration and outreach.

Locally, the programme has generated growing interest in Kenya, where participants are responding positively to the opportunity for deeper, more in-depth exploration of breathwork. This suggests strong potential for continued community growth and possible pathways into IBF membership as follow-up and engagement systems are strengthened.

How do you feel about being in service for the organisation? On a scale from 0 to 10, where 10 is the best.

9

How was it for you to work with the Executive Team? On a scale from 0 to 10, where 10 is the best.

10

Workgroup Leader/Representative since

2025

Will you continue in your current position next year?

Yes

Do you have a deputy/proxy?

Yes

Who is your deputy/proxy?

Chris/Rebecca/Mario - we work quite flatly

Did you attend most "Workgroup Leader Meetings" during the last year?

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Yes
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.
7
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
7
Please name the current members of your team
The conference/workgroup meetings provide a valuable space for connection, coordination, and shared learning across the IBF community. My experience so far has been positive, particularly the opportunity to hear updates across workgroups and to learn from the workshop contributions that members generously offer. As the Breathing Arts channel continues to grow, it may be helpful to continue exploring ways to balance organisational updates with practical sharing, creative exchange, and opportunities for deeper collaboration between workgroups. Overall, I appreciate the space and look forward to becoming more involved as I gain broader experience across the network.
Are any members stepping down from your team?
No
Room for personal notes from team members (optional)
I think the group is doing very well. We've encountered quite a few difficulties because we didn't have access and the group was operating completely outside of IBF. Little by little, things are falling into place, and we now have opportunities to implement new initiatives. I would like to continue working with this group. - CHRIS executive team
Room for my personal message (optional)

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1. I have deeply valued the opportunity to continue Robin’s work through the Breathing Arts channel, and it means a great deal to me to honour the promise I made to him to help carry this forward. I feel genuinely inspired by the direction of the channel and by the quality of the work we are creating together. It has been deeply rewarding to help shape this space and to see the strong response and enthusiasm it is generating. I am excited about the future potential of the channel, the possibilities for growth and outreach, and I would very much like to continue contributing to its development in the months ahead.
GDPR Agreement
Accepted
Date of submission
29/05/2026