

Workgroup Leader Report

Name
Agnieszka Korzeniewska
Email
agnieszka@breathworktherapy.com
Reporting Year
2026
Select the workgroup you lead (or represent)
Diversity & Inclusivity
How do you enjoy being in your role as Workgroup Leader/Representative? On a scale from 0 to 10, where 10 is the best.
6
Reason for lower rating
I am still getting used to being 'a leader' of the workgroup. Transition from 'an ordinary' member to someone who is responsible for holding the energy of the group and learning the ropes of working within the structure of IBF (budget etc) is unnerving a bit hence my honest evaluation of the joy :) Saying this, I know the feeling is coming only from the newness of it.
General summary: What happened last year in your group? Overview of your actions/activities.

Workgroup Leader Report

We've been through a transition period as a group. Annette stepped down as our leader due to low energy levels, and we decided to move forward with shared leadership during this process. Within short time, other members who had intended to take on leadership roles also had to step back, for various family reasons. Through a natural selection process, I took on the leadership role.

We haven't been able to hold many meetings, as overall energy in the group has been low. We are currently focused on two projects: the Breathworker Like Me series of short videos, and translating the Conscious Breathing in a Classroom (CBC) manual into Kiswahili.

For Breathworker Like Me, we narrowed down the interview questions and listed several prospective interviewees but haven't yet proceeded with conducting interviews, due to low energy and members' busy private lives.

For the CBC manual translation, the original quote we received last year covered both the CBC and CBTR manuals. We've decided not to proceed with the CBTR translation and will focus solely on the CBC manual. We've asked JoAnn for the updated CBC manual so we can get a revised quote from the translator, who has kindly agreed to charge IBF only 50% of his fee.

We reached out to the GIC Council, offering our support as the Diversity and Inclusivity team to help implement diversity, inclusivity, and accessibility guidelines for GIC in Greece and future conferences. Once the intake form for GIC members is drafted by the GIC team, we will review it and advise on anything that could be improved. We also offered support with practical implementation at the conference, on an advisory basis rather than execution.

I also spoke about the Diversity and Inclusivity work group at the IBF UK Family Meeting, which I organised. We had a good conversation with a member who actively works with minority groups, who will help improve our understanding of how minority groups, such as Islamic women, Black women, and other women from minority groups in Western world (UK) experience breathwork and therapy sessions. This will expand our compendium of knowledge and inform IBF and all practitioners on actions to take, and not to take in the breathing room.

Did you or your group attract new IBF members?

No

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

8

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

7

Workgroup Leader/Representative since

2025

Will you continue in your current position next year?

Workgroup Leader Report

Yes
Do you have a deputy/proxy?
Yes
Who is your deputy/proxy?
Sarah Faulkner
Did you attend most "Workgroup Leader Meetings" during the last year?
Yes
Will you be attending the next conference?
No
Will your deputy/proxy attend the 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.
8
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
Annette Fehse, Pippa Wheble, Sarah Faulkner, Fiona Moore, Mbutch Mjingoma, Jean Sangale, Rose Preston, Griet Verstraete,
Are any members stepping down from your team?
No
GDPR Agreement

Workgroup Leader Report

Accepted
Date of submission
17/06/2026