

Workgroup Leader Report

Name
Pippa Wheble
Email
pipwheble@gmail.com
Reporting Year
2026
Select the workgroup you lead (or represent)
Professionalism
How do you enjoy being in your role as Workgroup Leader/Representative? On a scale from 0 to 10, where 10 is the best.
10
General summary: What happened last year in your group? Overview of your actions/activities.

Workgroup Leader Report

Overview

It has been a busy year in the Professionalism Workgroup (PWG)! Our group has grown to 22 members, and we continue to meet every month for engaging and important discussions. We currently have 5 constellations (smaller teams) who meet between our monthly meetings to work on ethics, professional forums, compiling guidelines for safety in breathwork, trauma informed approaches and communication.

Professional Forums

We have led two professional forums inviting members to share experience and discuss trauma, ethics and safety in breathwork. These have been engaging and inspiring, led by Lauren Chelec Cafritz, Krista-Gilda Kerner, and Griet Verstraete. We hope to continue these each autumn and spring, and to attract professional members to engage in these important conversations.

Safety in breathwork

Out of our group discussions and forums, collaborating with the Australian Breathwork Association (ABA) and Global Professional Breathwork Alliance (GPBA) we are curating a handbook of guidelines for safe practice in breathwork. This year we have added sections about working online, and we hope to add sections on working in water, creating psychological safety, declarations and disclaimers. This is a work in progress drawing together our collective 400+ years of experience in breathwork.

Ethics

We have been eagerly awaiting the release of the GPBA's updated ethical guidelines, which we recently had the opportunity to review. Many of our members and group discussions have helped to inform the development of these guidelines. This new document is a detailed outline of best practice, with educational elements and clarification - an essential read for everyone in the breathwork field. We are currently reviewing the IBF Bylaws section on ethics - to prepare a proposal for our community to accept these ethics at the AGM at GIC Hellas.

Trauma Informed Support

Kateryna Kotenko continues to work with a group of breathworkers in Ukraine - offering trauma informed education and support. There have been several workshops, and we are so grateful to several of our IBF colleagues who are offering their time and expertise for this work. We hope to document what has been learned into a resource and training for IBF professional members in the coming year.

Communication

We continue to see frequent concerns about people offering breathwork certification online that does not meet the minimum training standards for a breathwork practitioner. While the IBF cannot prevent this - the PWG are working to communicate with bodies that accredit breathwork trainings - seeking to educate and find alignment on the minimum standards - to improve the safety of breathwork for the public. We continue to work on our public education and communication strategy and preparing "golden nuggets" of learning from our meetings to share with the community.

Other Activities

- We continue to support the Integrity Committee in their duties including reviewing the complaints procedure and developing resources to support people to address conflicts and concerns.
- We have focussed our attention on improving donations to the Breathwork Development Fund - creating QR codes to invite donations during online events and publishing an article on tithing for the IBF newsletter.
- We continue to discuss important breathwork topics and news stories, create space for alignment and collaboration between breathwork organisations and associations, and learn what we can to improve our practice and the safety of breathwork.

Did you or your group attract new IBF members?

Yes

How did you do this? Any best practices to share?

Workgroup Leader Report

We have 3 new members in our group since last year - one joined us as liaison with the ABA, another joined us from the ABA to collaborate on guidelines for working online, the third was recruited from the GIC! We have another member about to join us who was inspired by our recent professional forum on ethics.

I think that the more we reach out to the community and share what we are doing, the more professional breathworkers will want to join the IBF and our group.

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

10

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

9

Workgroup Leader/Representative since

2023

Will you continue in your current position next year?

No

Please tell us why not

I have been in elected service to IBF since 2017. I have loved every minute, but increasingly feel the need to focus on my own health and practice. I do not intend to leave the IBF or the PWG - simply to step back and participate in the group instead of spending energy on co-ordinating it. The PWG is a big, strong and well-established workgroup, with many capable leaders within it. With so many activities - it is essential that a leader takes responsibility for coordination and oversight.

Do you have a successor?

Yes

Who would you like to suggest as your successor?

Mark Moon has volunteered recently - he has not been in the workgroup for long - but we have discussed his intentions and I have already started to hand over some responsibilities to prepare him for the role. I am happy to mentor his first year in post if he is elected. The group are aware of my decision and continue to consider their options for leadership moving forward, while expressing clear support for Mark.

Do you have a deputy/proxy?

Workgroup Leader Report

Yes
Who is your deputy/proxy?
Liisa Halme & Mark Moon
Did you attend most "Workgroup Leader Meetings" during the last year?
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.
6
What would you like to see improved or changed in the organisation?
This new team is doing brilliant work - and I want them to know that they don't have to take decisions alone. They certainly bring big decisions like "name change" to the community. I'm not feeling particularly informed or involved in small changes that directly impact on my role (like this form – it would have been good to see it before the deadline was upon us). I would love to see the Executive Team bringing more topics for discussion with the Workgroup Leaders and Task Force Forum. Although it can be slower to consult the community, it can be really powerful.
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
6
What would you like to see changed at the AGM?
I understand why there is an effort being made to bring proposals for electronic voting - but there is no substitute for the alignment and container of the live AGM - where the energy of a decision/vote can also be felt. I would like to see BIG decisions like the location of the next GIC being taken online, where we can include the members who were not able to afford/attend the current GIC in the decision making process.
Please name the current members of your team

Workgroup Leader Report

Pippa Wheble - Workgroup Leader & Safety in Breathwork

Liisa Halme - ET Liaison, Communications & Proxy

Mark Moon - Proxy, Incoming Workgroup Leader

Griet Verstraete - Ethics

Lauren Chelec Cafritz - Forums

Kateryna Kotenko - Trauma Informed Support

John Stamulos - IC

Adela Barcia - IC

Kate Becker - IC

Krista Gilda Kerner

Tilke Platteel Deur

Indalecia Rohita Ziritt

Jim Morninstar - GPBA liaison

Caitlin Pearse - ABA liaison

Steph Magenta

Nilgul Tavsels

Alakh Analda

Matoula Piscopani

Mario Domig - ET

Prema Julia

Jane Anthony

Linda Bauer

Are any members stepping down from your team?

No

Room for personal notes from team members (optional)

Workgroup Leader Report

Lauren: "I love being part of this warm and productive group. I will stay in the group next year".

Jim: "I will continue with the Professionalism group as the GPBA liaison".

Griet: "I will stay and continue in this group next year."

Matoula: "Good morning all I will stay and continue in this group. The reason is to co contribute and expand both myself and the organization"

Linda: "Staying as well [?] This group inspires me a lot and I enjoy being part of it. And also I enjoy contributing - if possible - because the more I „understand“ breathwork the more I see the need for ethical standards and professionalism. I also highly value the way we interact, the tone is always very constructive and respectful."

Indalecia: "Good morning, I love to stay and continue to be part of this group."

John: "Hi [?] yes I will stay"

Liisa: "I will gladly stay also." "I love being part of this workgroup because of the people in it and the work I feel strongly about; championing professionalism in Breathwork, upholding and promoting standards and looking at current issues that arise in our growing field. I would like to stay in the group!"

Kateryna: "I will also stay and continue in this group next year [?] It's an honor to be a part of the IBF Professionalism Workgroup; I'm learning a lot and feeling supported. I'm also happy to contribute as much as I can."

Jane: "i will join again and this coming year looks set to allow me more space and time to meaningfully contribute."

Steph: "I will also stay. I really appreciate keeping up-to-date with (and contributing to) the wider scope of what's happening in the profession of breathwork."

Tilke: "I really love this group works together. I like being updated on what goes on around the world with breathwork. The way it spreads and the way IBF does what it can do keep standards high! I gladly stay part of this group."

Adela: "I intend to remain part of this wonderful and important group!"

Krista-Gilda: "I would like to stay in the group if it's ok to stay in the background for the moment. Big appreciation for all the work you and the entire group did during the last years."

Mark Moon: "I am enjoying being in the group".

Room for my personal message (optional)

I love the IBF and it has been such a privilege to lead this wonderful workgroup since its inception in 2023. It is such a wise and engaged group - I love the discussions and change that can come through this space. I look forward to seeing it thrive on its own and fully support whoever takes it over. Thank you for this scholarship and opportunity. I'm really grateful.

GDPR Agreement

Accepted

Date of submission

08/06/2026