

Workgroup Leader Report

Name
Group in shared leadership – communal report submitted by Pippa Wheble
Email
pip_wheble@hotmail.com
Reporting Year
2026
Select the workgroup you lead (or represent)
Science
How do you enjoy being in your role as Workgroup Leader/Representative? On a scale from 0 to 10, where 10 is the best.
5
Reason for lower rating
It has been really difficult keeping the group rolling without an elected leader. A few of us met early and agreed to take a turn each, but after those 3 who were willing were finished, it was like pulling teeth to get others in the group to step up. Without a leader it has been unclear who is responsible for dealing with emails and requests to join the group, or attending workgroup council - these responsibilities have fallen to Pippa by default - who is too busy with other roles to do this efficiently.
General summary: What happened last year in your group? Overview of your actions/activities.

Workgroup Leader Report

The Science and Research Advisory Group (SciRAG) has 14 current members, with 6 who regularly attend meetings.

Discussions on how to create the leadership of the group without a working group leader.

We met after the GIC to explore leadership options for the group - agreeing to explore shared leadership. We agreed to take turns in leadership - choosing the next leader during each meeting. Few members have been willing to take on this responsibility. The ET tend to contact Pippa with email enquiries, and we agreed that Pippa would represent the group at Workgroup council (as she is already attending these meetings). Because she is in the council and receiving the emails, Pippa also submitted the group budget and now this report. She has shared these responsibilities and delegated as able throughout the year - but the current arrangement is not working well for the group.

Created and discussed several summaries of scientific articles discussing breath work

We have met 5 times as a group - welcoming new members, discussing the purpose and aims of our team. Some members have been working on accessible summaries of important scientific articles which we hope to add to the database that Mario is building for the IBF website. The work continues.

Forming the web structure for the article database

Mario: With the involvement of Pippa, Nadia, Mark Eckstein, and AI, we are in the process of creating a database with search capabilities for scientific articles on breathwork. However, the project is still in its early stages. In the coming months, I will continue to work on this topic and hope to present a usable solution by the end of the year.

Did you or your group attract new IBF members?

Yes

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

New members approached the group through the IBF executive team. Mainly through interactions with group members during the GIC.

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.

6

Reason for lower rating

We haven't had much interaction from the ET this year. We are not sure who our representative is. Mario is a member of the group but was never officially the ET representative. Liisa and Chris have been supportive at the workgroup council, holding space for discussions about the challenges of shared leadership. I think without a leader, it is difficult for the ET to maintain contact with the group and we could really use more support.

Workgroup Leader/Representative since

Workgroup Leader Report

2021
Will you continue in your current position next year?
No
Please tell us why not
I am not in an elected position. We would like someone to step into leadership. If they do not - then we will continue to try and delegate between ourselves.
Do you have a successor?
No
Do you have a deputy/proxy?
No
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.
8
How do you like the current AGM format? On a scale from 0 to 10, where 10 is the best.
8
Please name the current members of your team

Workgroup Leader Report

Mario Domig

Pippa Wheble

Nadia Benschop

Alicja Heyda

Paul Reynolds

Carlos

Dehan Elcin

Heinz Gerd Lang

Lisa Kusch

Bal

Leina

Zhanna Burym

Joshua Rugiano

Are any members stepping down from your team?

No

Room for personal notes from team members (optional)

Nadja: I am very happy that concrete steps are being taken towards the creation of a holding space for scientific articles in breathwork! Cooperation with some members has been very nice and nurturing. It however also felt chaotic and unclear at times, and I am worried about the commitment of other members. People seem to want to be part of the group, without contributing to it. Appearance at meetings is low and therefore real progress cannot be made. This is especially difficult when there is no clear leader. Not sure how to move forward with this. It feels demotivating. I have considered to be a group leader and the answer has been no each time I felt into this. No real person to nominate at this point in time either.

Alicja: Dear All, i am completely focused on finishing my most important article on breath and immunity. Feeling like Frodo at the mountain of doom. Thats why i dont react lately. But i really appreciate all you are doing and I send you love.

Paul: I only just joined so don't have much to add. I think the group is really important. Keen to be involved next year. I'm potentially open to leading it but as I've never been to a meeting it feels a bit early!

Wilfried: The first steps to create readable summaries of scientific studies have been achieved with more to come. The work to implement them on the webpage is on the way. I am willing to participate next year.

Bal: Apologies I'm in Mauritius working for last few months. I'll be back to normality in July, happy to jump back in and contribute when back.

Room for my personal message (optional)

Workgroup Leader Report

Pippa: I originally joined the IBF in order to be a member of SciRAG. I feel it creates a really important space for IBF members and Breathworkers with a scientific background to discuss and collaborate on the science of breath and how this is being communicated and understood by our community. I feel sad that SciRAG has been in such difficulty this year - and I miss Claire - who did such a wonderful job of creating space and keeping us moving with our objectives. We did not choose shared leadership and I don't believe that it works for this group. All the SciRAG members appear to want to have access to this space and contribute to the work of the group, but no-one wants to take responsibility for the organisation of it. From my perspective, after 9 years in leadership in the IBF - this is a small workgroup and the workload is very manageable. I certainly intend to continue as a member of SciRAG and I want to be able to focus our meetings on our work. If the group wishes to move toward shared leadership, this is a process that requires further discussion and primarily the group needs to be engaged with that idea - the majority currently are not. IF the leadership of the Professionalism Workgroup is handed over during the AGM - I am willing to step into leadership of SciRAG for the next year, to support the group while they continue to explore their options for leadership.
GDPR Agreement
Accepted
Date of submission
08/06/2026