

Workgroup Leader Report

Name
Ashira Lavine
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Reporting Year
2026
Select the workgroup you lead (or represent)
United Nations
How do you enjoy being in your role as Workgroup Leader/Representative? On a scale from 0 to 10, where 10 is the best.
8
General summary: What happened last year in your group? Overview of your actions/activities.

Workgroup Leader Report

The following report covers both the UN Workgroup and CBTR.

The UN Workgroup currently comprises 10 members and we meet every 1-2 months throughout the year. Our core group has been concentrating on forging partnerships to gain a platform at significant UN functions and events. This will enable us to share breathwork and foster collaborations and partnerships that further the IBF mission.

Looking forward in 2026: We have identified a target partner and IBF will be on the official programme of an ECOSOC-member conference in Switzerland to offer a collective breath and a breath workshop. Thank you to Scott Sallée and Mario Domig for volunteering and representing the IBF at this conference.

The CBTR group has 4 members and is meeting every two weeks working on revisions and updating the CBTR program. We're working on the manual with the eventual goal to provide online resources and short videos to compliment the manual with guided practices for specific situations and needs. We're hoping to record some video footage at the GIC 2026 and look forward to launching them with the right support in 2027.

Summary of actions/activities:

UN Workgroup:

1) We refined our credentials documents to enable more effective collaboration with other ECOSOC organisations - a living document that will continue to evolve. The document was reviewed by IBF Comms and Exec teams and should be updated annually.

2) In line with the UN Workgroup Mandate, we shortlisted potential ECOSOC organisations as partners for our workgroup. We subsequently selected a main target partner, Initiatives of Change, as they demonstrated strategy and values overlap. We have now been invited to offer breathwork for the first time at their peace conference on the theme of Forgiveness in July 2026, opening the possibility for formal collaboration and networking with other aligned organisations.

3) We moved first to a shared leadership model and then a handover of key responsibilities to ensure continuity and evolution of our workgroup.

CBTR:

1) Creating a revision of the CBTR (adding additional breaths and providing core tools for regulation in a crisis to reduce arousal, promote sleep and relaxation).

2) What we're hoping to do at the GIC is run a workshop is each of these exercises, gain footage of people doing the exercises, moving towards the goal of compiling short videos for each practice.

3) Brigitte Martin Powell taught CBTR method to several dozen Ukrainians via zoom.

Did you or your group attract new IBF members?

Yes

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

Workgroup Leader Report

YES - we attracted new members and we are intentional about developing diverse representation of geography, gender, expertise, and ethnicity. We did this through energetic intention, a few new folks outside of the IBF contacted us and at least one gift of a human being who became a new member and is now taking a leadership role in our workgroup. Also, directly reaching out to a few people I knew who might be helpful to our mission resulted in additional membership.

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'm not continuing because I'm starting a new business and need to focus my energy. Both Pippa and I will remain available as a consult for Scott. -Ashira

Do you have a successor?

Yes

Who would you like to suggest as your successor?

Scott Sallée; I've already communicated with the exec team that Scott will be taking over. Although we would ultimately want to separate CBTR into its own category, we are currently prepared for the project to remain under the UN Workgroup in the year ahead.

Do you have a deputy/proxy?

Yes

Who is your deputy/proxy?

Workgroup Leader Report

Scott Sallee (Although Scott and I will attend online, Pippa is also available to serve as our in person representative at the GIC and is privy to all history and current activities.)

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.

8

Please name the current members of your team

Workgroup Leader Report

1. Ashira Lavine (UN & CBTR)
2. Scott Sallee
3. Pippa Wheble (UN & CBTR) - will step back from full group membership and enter a consultative role
4. Mario Domig (new member)
5. Griet Verstraete (CBTR only)
6. Brigitte Martin Powell (CBTR only)
7. Jean Sangale
8. Jenny Lind
9. Jane Anthony
10. Liisa Halme (Exec team link)

(We have contacted all members to understand if they would like to continue and if so, what their expectations are to remain an engaged and interested volunteer)

Are any members stepping down from your team?

Yes

Who from your workgroup will step down?

Vincent Oloo stepped down, which I mention since he represented us a couple years ago at a UN-related event.

Room for personal notes from team members (optional)

Scott Sallee: for my own sake and for those newly appointed in a leader or deputy role, a 'welcome pack' or briefing about the role and its expectations would be useful and ensure that we are delivering to the expectations of the Executive Team and IBF members. I self-taught using the Bylaws and Task Force Manual. A "progress against objectives" project management status tracker would also be useful to be able to most efficiently take forward and achieve our goals.

Pippa Wheble: I am deeply grateful for this group and the work they're doing.

Room for my personal message (optional)

I am grateful for the opportunity to have represented and revitalized the UN workgroup and am particularly excited to be passing the torch to even more capable hands to take the UN workgroup to its ultimate pinnacle of bringing breathwork to the international stage.

GDPR Agreement

Workgroup Leader Report

Accepted
Date of submission
15/06/2026