

TBF Facilitator / Trainer Newsletter – September 2017



Transformational Breath®
Foundation

Dear Breath Family,

The TBF Facilitator Handbook has been updated. We have a TIBA Monthly Giving Campaign underway through Global Giving to announce. Also, we are cleaning up our Facilitator Directory so please update your information. Further, we are announcing two new training courses being developed in 2018. And much more info....



NEW FACILITATOR HANDBOOK



The **Facilitator Handbook** is a document that includes all TBF Policies, as well as Guidelines, Processes, and other resources to help business run more smoothly. The Handbook was once broken off into a separate Trainer Handbook, and each was tucked into a particular Download Packet.

To make it easier, there is now **only one Handbook**. It is in English with both letter-size and A4 versions. They are stored on the [TOOLS](#) page of the website for convenience. Everyone should download it and read it.

ONLINE PERSONAL BREATH COURSE

TBF is developing a means to reach more people around the world. While we have touched 45 countries that is merely a fraction of the world that needs or wants to breathe more optimally. And even within countries we have visited there is the majority who do not have funds to attend an RYB or Seminar with tuition and travel costs; discounts and tuition grants only go so far. There are so many worldwide who do not have a Facilitator within reach. And still others may be housebound for various reasons.

The course will take a careful approach as there is no direct hands-on facilitation. There are currently 12 modules with which to safely get breathers to the point of doing self-sessions by the end of the course. There will be two Live Interactions with students so that we may evaluate their progress and safety and provide personal guidance.

This course will bear a different brand name from **Transformational Breath®** so as not to confuse or dilute what we do with in-person sessions, Workshops, and Trainings. Further, it will not be a path toward Certification of any kind.

So if people contact you as the Facilitator but are unable to meet or attend your events, you can guide them to the Online Option and collect 15% of the course tuition for yourself. I look for a 2018 release for the project. More information will come then.

ADVANCED TRAINING COURSE

TBF is developing an Advanced Training (at least one so far). Advanced Trainings will have a specialized, narrow focus. The course being developed now is tentatively called *Breathwork Science and Advanced Techniques*. The feeling internally is that we need to hone our message regarding scientific claims and provide more tools to our Breathworkers so that they may fit better within a more mainstream healing paradigm.

Not that we want to be mainstream but we want to be prepared as we move onto the radar of the medical establishment; understanding the science around breathing, breathwork and the human body-mind will provide greater safety and benefit for our clients while raising the standing of TBF Breathworkers another notch.

This particular training is planned to be a 4-day event and will be open to any certified Breathworker within TBF. This means that there will be Facilitators who attend it and possibly Senior Trainers who do not. Anyone who takes an Advanced Training can use the word **Advanced** at the end of their Certification role. For example: *Certified Transformational Breath Facilitator – Advanced*.

I will provide updates in 2018 on the course development as there are many competing projects I need to attend to.

TRAINING EVALUATION QUESTIONNAIRE

Knowing this has been a wonderful and relaxing Summer for you all, we feel our Breath Family is ready to move forward into a new layer of professionalism. In that spirit, wanting to continue to keep the overall quality of our programs high and create a safe place for constructive feedback for participants and staff, we have created a confidential evaluation / feedback process for all attendees of our Training Programs. This would be for ALL Participants and Staff.

There will be a new required policy for each Introductory Training, Seminar, and Level IV (Parts A&B), where Trainers will be responsible for having each and every participant and staff fill out and send in a Training Evaluation Form.

This will be done electronically. Once a Training has been approved, a unique link for that Training will be emailed to the most senior Trainer for the program. He or she will be responsible for sending this link to everyone on their Excel Mailing List.

The survey will take only about 15 minutes on the last day of the program so please allow time for this to happen. Please assign a staff member to follow up and make sure that each person has filled out the form.

The results will be due to TBF within two weeks of the completion of the Program being evaluated.

TUITION PARITY

Dear Senior Trainers. We are very excited to see the level of growth and expansion that is happening around the world. Our breathwork school is becoming more prominent in the international scene and we are raising the bar in the level of our professionalism.

To support this continued expansion, in the last years we have noticed the need to offer **standardized prices** around the world, to have a fair market for everyone who either offers the events or who travels to another country to attend them.

There has been a baseline price posted on the website for many years that hasn't changed. Trainings with Judith are usually above the baseline price. Some countries where the logistics generate extra expenses also have higher prices. We have asked from all of you to be mindful of the exchange rates and try to keep your prices standardized with the posted prices.

We have noticed how this has been complicated; exchange rates fluctuate, differences of opinion, etc. We have decided that to truly be an international-level Foundation we need to work like any other organization that offers a worldwide product.

Effective now, the prices will be posted in US Dollars on the website. Any training complying with the price structure can post tuition within the training listing, but not post accommodation costs. This will simplify the work for all of us so there is no confusion. To put it simply, there is no small print; this is what we offer and this is how much it costs.

For the trainings that are already posted online the prices will be honored. Any new training that is posted must adhere to the US Dollar international rate.

When someone registers for an event, they will pay to you the exchange rate of that day to the US dollar. Previous registrations will be honored.

We hope that this new option is helpful for all of us and our participants.

TIBA-AFRICA MONTHLY GIVING

“Give Me Another Chance” (GAC) Project

We are excited to announce that TBF Senior Trainer Daniel Marungu continues to work on the immediate aid of the many brave and suffering souls with AIDS/HIV in the slums of Kibera and Kibiria (Nairobi, Kenya).

The **Give Me Another Chance (GAC)** Project is one of the three projects that Daniel works on within his TIBA-Africa Foundation. GAC assists people from all groups, communities and ages living with AIDS/HIV, supporting them to increase their acceptance of their diagnosis, well-being, resilience, and life opportunities. It aims to overturn the commonly-held perception that an AIDS/HIV diagnosis is a death sentence.



In Daniel's words:

“This project is vital to enabling people to become HIV/AIDS survivors rather than victims; there is so much stigma and misinformation here in the slums of Nairobi associated with AIDS/HIV that people are sure they are going to die; they are scared to be tested and often treated as social

outcasts if they do. They then may become depressed and withdrawn or deny to themselves and their sexual partners the fact they are HIV/AIDS positive. They may also lose their jobs. GAC works with people struggling with their diagnosis.”

GAC is helping people build themselves up through self-help tools, nutrition, education and communication. Ongoing support is vital and you can make a difference.

“We want to train as many people as possible so that the menace of misconception around HIV and AIDS can be eradicated from our community, the mortality rate can decline, and lost dignity can be reclaimed. Children can go to school without discrimination and the ashamed can outgrow the shame. In short, we want FALSELY-created MYTHS around HIV and AIDS reduced to ZERO!”

GAC has a goal to raise \$20,000. While Daniel is on the frontline in Nairobi, and you may not be able to directly assist, your financial contributions make a massive difference. The key to a fulfilled and joyous life is contribution, and we hope that you, and us together as the Transformational Breath family, will support our extended and suffering family in Africa.

As TBF-UK and others help raise funds for TIBA-Africa, this portal may provide more.

Visit www.globalgiving.org/fundraisers/tbf-for-tiba

SYRIAN REFUGEE PROJECT

A Message from Manal Al-Musallam, TBF Arab World Liaison:

Dear Facilitators & Trainers, as we all experienced the positive effects of Transformational Breath® on ourselves and our clients, and enjoy the tremendous amount of love and happiness along with the inner peace blessing, there are many people suffering in this world who don't know what joy feels like!!

Since our intention is toward helping others and spreading love, joy and peace, we thought of serving humanity by visiting the **Syrian refugees in Lebanon** this year. We will provide Transformational Breath sessions to adult refugees as well as offering a special party and Breath Playshop for children and orphans.

If you are interested in joining this humanity support campaign please contact:

Manal Al-Musallam
WhatsApp: +965-99082356
Email: breathe.kuwait@yahoo.com

Be part of a Transformational Breath charity campaign. Volunteer with us to help those in real pain who need to feel alive again!

Breathe Deeply,
Manal Al-Musallam



FACILITATOR DIRECTORY CLEANUP

The TBF Facilitator Directory is being cleaned up. We must begin removing listings under the following conditions: a) those who seem to be no longer active, b) those who do not maintain current contact data, c) those with broken website links, and d) those for whom we receive reports that a prospective client has tried to contact the Facilitator and has not gotten a reply.

Please make sure your listing(s) are up to date. And check in with us occasionally to tell us what's new in your life and practice. We love people to send us their thoughts.

NEW COUNTRIES

There has been one new country reached since our last letter. Manal Al-Musallam has done it again with a Training in Bahrain making it country #45. A few more countries are on tap for later this year... we will see. 😊

TBF EUROPE SITE

Last but not least we announce that by the time you read this, or shortly thereafter, we will have a TBF Europe Site online at: www.transformationalbreath.eu. Information is provided now in English and German.

There are several purposes to the site:

- 1) Another channel for visibility regarding posting Facilitators (and their events) in Europe.
- 2) A way to find discount coupons on some TBF Products, especially Media, if your Euro clients are looking for them.
- 3) As the TBF website will be redesigned soon, and stripped down to eliminate the “language pages”, this site will provide some central German material to go along with other language websites. (Italy has had its own site for years as had TBF-UK and the Netherlands Association. More language sites are planned this year and next.)

All TBF Breathworkers in Europe may submit events and profiles for inclusion on the site; this will add exposure to those who are posted on the TBF International site.

Thank you to Trainer Dianne Mecklenburg and Christian Müller’s development team for their considerable efforts.