

## Summary of Presentation

APPLICATION FOR IBA 2022 ELECTIONS – INDEPENDENT DIRECTOR

### Kristy Harris



### Introduction

Hello all,

My name is Kristy Harris, I am here today to formally introduce myself as an eligible candidate for the IBA Board of Directors representing Australia/Oceania. I am also a boxing athlete competing at these World Championships. I am 29 years old and have been a competitive Boxing athlete for 11 years, with this being my 5<sup>th</sup> World Championships.

### Sporting background/Achievements

I was initially drawn to boxing through my passion for health and fitness, a challenge, and a form of release, with it vastly becoming my core focus and passion.

I have competed in 90+ bouts, notably, a bronze medal at the 2018 World Championships and being the first female boxer to represent Australia at the Commonwealth Games. This being one of my most valued achievements thus far, for the personal success and as a historic event that brought a positive impact to women in sport.

### Career/Studies

Aside from boxing, I work as a Strength and Conditioning Coach through my own business programming for various levels of athletes and general population, as well as Boxing Australia's Futures Program Strength and Conditioning Coordinator. I am currently a university student completing a bachelor of Psychological Science, with mental health being another passion of mine.

I am a member of the Combat Institute of Australia Athlete Advisory Committee, with the objective to make recommendations to the Australian Sports Commission Board on matters of importance to high performance sport, and to help ensure athletes have a voice in shaping the future of high-performance sport in Australia.

### Personal Vision/Skills/Values

Personal Vision (North Framework)

*I earn respect by...* Being reliable, genuine, and compassionate.

*People say that I...* am not afraid of a challenge and to step outside the square.

*I build trust by...* Being selfless, mature, genuine, supporting, affable and reliable.

*The elite standards I uphold are characterised by...* being disciplined, true to myself and strong minded.

- A highly self-driven individual with clear goals
- Has the ability to be direct, yet respectful and can arrive at solutions whilst maintaining positive relationships with colleagues
- Ability to demonstrate a high level of management skills and enjoys collaboration with others

### Conclusion

Boxing has become much more than just a sport to me, it has provided experiences and lessons that are transferable into everyday life, therefore I wish to give back to the sport that has given me so much.

If I am selected as a candidate, I look forward to working with and learning from you all.

Thank you for your time