

# KRISTY HARRIS

[KHBOXING.COM](http://KHBOXING.COM)



## CAREER PROFILE

A well rounded, highly driven, and enthusiastic individual seeking the 'Independent Director' position on the International Boxing Association (IBA) Board. A current Australian Boxer preparing for 2022 Worlds, Commonwealth Games and 2024 Paris Olympic Games who is studying a **Bachelor of Psychological Science at Deakin University** whilst managing her own business. Her role as a **Lifeline Community Custodian** (2019, 2020, 2021) promoted breaking the stigma of mental health as well as participating in various fundraising events. Through doing this, she has learnt more about mental- health which is a key passion. Additionally, has experience in administration, data entry, marketing, customer service, management, health and fitness, teaching, keynote speaking and landscape gardening.

Possesses highly developed problem-solving skills and can arrive at logical conclusions. Has great insight into sensitive situations and is able to develop genuine relationships with people. Is a dynamic and innovating thinker as a result of her diverse career experiences and lifestyle.

## KEY COMPETENCIES

- Highly self-motivated
- Honest and genuine
- Humble, compassionate, and courteous
- Extremely well organised
- Good communication and interpersonal skills
- Eager and goal driven
- Structured and good time-management skills
- Positive attitude and demeanor

## CAREER SUMMARY

2012 – Present	Elite Athlete	Boxing Australia
2012 – Present	Landscape Gardener	Pynari Landscaping
2018 – Present	Keynote Motivational Speaker	KH Boxing
2021 – Present	Youth Athlete Mentor	KH Boxing
2019 – Present	Strength and Conditioning Coach	KH Boxing
2022 - 2022	Teacher and Mentor	Melbourne Youth Justice Centre
2009 – 2016	Gym Instructor/ Personal Trainer	Elite Training Centre
2017 – 2020	Store Manager	Art Studio
2017 – 2018	Data entry / administration	Boxing Australia
2014 – 2016	Personal Assistant	Barrister, Simone Bailey

## **EDUCATION/QUALIFICATIONS**

Bachelor of Psychological Science	Deakin University	Current
Certificate in Microsoft Office	Applied Learning	Current
Level 2 in Strength and Conditioning	ASCA	2018
Diploma of Fitness	Victorian Fitness Academy	2010
Electrical Pre-Apprenticeship	Gordan Institute of Tafe	2012
Crisis Training	AIS and LifeLine Australia	2019, 2020, 2021

## **PERSONAL ACHIEVEMENTS**

- 4 x National Elite Boxing Champion
- 4 x World Championship representative
- 2018 World Championships Bronze medalist
- 2014 Commonwealth Games representative  
(The first woman to represent Australian in Boxing at the Commonwealth Games)
- 3 x Australia's Best Performing International Boxer
  
- Representative in the **CombatAUS Athlete Advisory Committee**
- **Active Geelong** Ambassador
- **Victorian Institute of Sport** scholarship holder
- **Boxing Australia** categorised athlete
- **LifeLine Community Custodian**, with the Australian Institute of Sport

## **REFEREES**

<b>Dr Hugh Seward - AM</b>	Sports and Medical Practitioner College Council Chairman, and former Head Doctor of Geelong Cats Football Club	+61 417 325 515
<b>Sarah Conlon</b>	Athlete Wellbeing and Engagement Manager, Australia Institute of Sport	+61 402 378 554
<b>David Pike</b>	Honorary Secretary, Boxing Victoria Inc.	+61 417 085 323