

Sarah Stevenson Jennings MBE

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PERSONAL PROFILE

Olympic Medal Winner & World Champion that is extremely passionate about sharing my knowledge and experience with others in order to see them achieve their goals. An excellent communicator that shows compassion and humanity to all and that can passionately inspire others

ATHLETIC ACHIEVEMENTS

- 4 x Olympic Athlete
- Olympic Medallist (First ever Taekwondo athlete from GB to win an Olympic medal)
- Junior World Champions (First ever from GB)
- 2 x Senior World Champion (First ever from GB)
- 4 x European Champion

NON ATHLETIC ACHIEVEMENTS

- 2008 - Founded Sarah Stevenson Inspires Ltd.....My initial aim was to provide extra support and expertise to young British Taekwondo stars of the future. I am very proud that the following athletes attended my Inspires initiative
Jordyn Smith – Junior World Champion
Bradly Sinden – Senior World Champion
- 2012 - Awarded an MBE (Member of the British Empire) by her majesty Queen of England
- 2013 - Awarded an honouree Doctorate by Sheffield Hallam University
- 2012 – 2018 Coach of the Great Britain Taekwondo Team
- 2018 – (Present Day) President of British Taekwondo

EDUCATION

- 2017 – (Present Day) Board Member of British Taekwondo
- UK Sport – International Leadership Cohort Member
- Trustee for Multiple Fitness Organisations

INTERESTS

- Passionate about “Women in Leadership” I recently hosted an event at the World Championships that focussed on 50/50 gender representation in 2020

- I really enjoy helping those less fortunate than ourselves so I recently attended an Educational project in Nepal. GB Taekwondo and UK Sport joined forces for this 4-year programme. I hope to be a centre piece for the future of this programme up until 2020
- I enjoy helping people achieve their goals within health and fitness, to which train others through personal training

REFERENCES

Available on request