

Board Nomination Form

Nominee Details

ROLE	
Name	Karen McGouran
Address	<input type="text"/>
Mobile Phone No.	<input type="text"/>
email address	<input type="text"/>

I have read the Person Specification for the role and wish to nominate for the board as follows:

ORGANISATION	KEY CONTACT
Position Nominated for:	Ordinary Director
Nominated By:	Amanda Rogers chairperson Midland Triathlon Club
TI Membership Number	<input type="text"/>

Please complete a motivational statement summary of your skills and experience relevant to the skill sets identified and supporting statement detailing your motivation for applying for the role below. This will be provided to the wider membership of Triathlon Ireland for their consideration prior to the election of candidates at the AGM.

Please summarise your skills and experience relevant to the skillset and supporting statement detailing your motivation for applying for the role.

My name is Karen McGouran, I am based in Mullingar, Co. Westmeath in Leinster. I am delighted to be involved in Triathlon as a participant for 7 years, a parent to a junior athlete, and a volunteer for 9 years. I came to triathlon from my daughter's involvement, did a Try A Tri and then got hooked. I am a TI Beyond the finish line advocate, and am heavily involved at a club level having been secretary for the past 2 years and moving to Women's officer this year. I am a tri leader, athletics coach and I am undertaking the Women in Sport leadership course at present.

Along with my Customer Engagement professional background, my passion for triathlon and inclusivity and my corporate background I believe I would fit the skills required for this position

- I am motivated to make Triathlon an all-inclusive sport with a keen focus on junior involvement and Women in sport.
- I am comfortable driving strategy at an executive level and collaborate extremely well with others.
- I am a strategic, outside of the box thinker with great communication skills. It is important to me that the reputation of TI is upheld to the highest standard of integrity, to ensure we attract all types of talent and participation across our community.
- My main motivation for applying for this position is to give back to the wider triathlon community as a volunteer.

Skill set / experience

I am a professional with 30 years' experience. I started out in the leisure industry, have spent 27 years working in the corporate world and the last 12 years working in the private sector as a senior Solution Architect in Hewlett Packard Enterprise at their International Bank.

- I spend my day problem solving in order to find the most efficient and effective way for large multi nationals to find financial and technological solutions to meet their growing IT and asset management needs, also

ensuring that their financial, corporate governance and corporate strategy needs are met.

- I find the most efficient way for companies to transform from a digital and change management perspective.
- I have an in-depth understanding of the negotiation of large multi geo legal contracts and many years' experience of negotiation of legal contracts.
- I am heavily involved in strategic planning and project management.
- In the corporate world just like in sport inclusion and diversity is key to ensure we offer a safe, welcoming environment for everyone to take part.

The Role

I understand what it is to be a director in a sporting organization and am committed to:

- Ensuring the triathlon Ireland strategy is achieved.
- As a board member I am there to provide oversight to the members in line with the Charter set out by the Board.
- To work as part of a team of directors under the leadership of the president and chair.
- Ensure good governance is maintained so that we continue to attract talent from all walks of life.

I also understand how a national governing body should operate:

- Providing strong leadership and oversight while still allowing the staff and chief exec to get on with the day-to-day work.
- Ensure the financial stability of the organization is maintained and good governance is at the forefront for the members.

Closing statement

Triathlon has given me so much on a personal level and I love to give back to my club and community. It would be my honor and privilege to expand my volunteering to a national level and give back at a board level. I firmly believe my skillset and experience will enhance the organization both at grass root and strategic levels.

Please highlight particular high-level skill sets that you feel you have in any of the following areas:

Skillset	Detail
Financial	Working in the banking sector I am comfortable looking at financials.
Legal	12+ years' experience negotiating multi country legal contracts and operational addendums, guarantees, prom notes.
Inclusion & Diversity Expertise	Many corporate trainings completed in inclusion and diversity.
Change Management & Technology	Working in the IT sector change is constant. Daily I have to adjust to align with each customer's change management objectives and technology requirements.
Corporate Governance	Working in a regulated bank I must ensure both corporate and regulatory governance is met daily, failure to do so brings financial and reputational damages and the risk of criminal repercussions.
Information Technology	Working for one of the world's leading IT companies requires me to be up to date on all IT trends and future trends.
High Performance Sport	N/A
Commercial / Marketing	N/A
Human Resources	N/A
Risk	Working in a regulated environment, risk analysis, mitigation, reporting and risk appetite is at the forefront. I need to ensure I manage the customers' requirements with my organization's risk appetite while maintaining the strategic risk tolerance levels at a company level.

I wish to nominate for the above role, and if elected, agree to act first and foremost in the best interests of Triathlon Ireland and the sport nationally at all times, regardless of any regional or club affiliation. If elected, I agree I will declare any real or potential conflicts of interest to my fellow board members:

SIGNATURE: Karen McGouran

Date: 24th February 2023