



Board Nomination Form

Nominee Details

ROLE	
Name	Karen McGouran
Address	
Mobile Phone No.	
Email Address	

I have read the Person Specification for the role and wish to nominate for the board as follows (to be completed by Nominating Triathlon Club):

ORGANISATION	KEY CONTACT
Position Nominated for:	Ordinary Director
Club Nominated By:	Midland Triathlon Club
Club Delegate Name & TI Membership Number	Paul O'Reilly, Chairperson MTC TI number 10094152

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 summarize 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 8 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 2 years and moving to Women's officer for 3 years. I am a Level 1 Triathlon Coach, athletics coach, and I have completed multiple Women in Sport leadership courses. I am currently a Local technical official and will take my Level 1 NTO National technical official course in April 2025. In 2024 I was nominated for the spirit of triathlon award. I also hold my PMP project management professional qualification and am in the middle of completing a Level 9 Professional Diploma in Creativity, innovation, and Leadership in UCD.

Along with my professional background, my passion for triathlons and inclusivity 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 with driving strategies at an executive level, and I am used to working in a team.
- I am a strategic, outside the box thinker with excellent communication skills.
- 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 29 years working in the corporate world and the last 14 years working in the private sector in a US Multinational. My work varies between project management and Financial solutioning.

- I spend my day problem solving to find the most efficient and effective way for large multinationals 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 negotiating legal contracts.
- I am heavily involved in strategic planning and project management.
- In the corporate world just like in sport, inclusion and diversity are 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.
- To work as part of a team of directors under the leadership of the president and chair.
- Ensure good governance is maintained.

I also understand how national governing bodies 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 passionately believe my skillset and experience will enhance the organization both at grass route and strategic levels.

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

Skillset	Detail
Strategic Expertise	
Financial & Risk Management	Working in the banking sector I am comfortable looking at financials, reviewing and managing budgets. Working in a regulated environment, risk analysis, mitigation, reporting, and risk appetite are 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.
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 damage and the risk of criminal repercussions.
Other Relevant Skill Sets	
Legal	14+ years' experience negotiating multi country legal contracts and operational addendums.
Change Management & Technology	Working in the IT sector change is constant. Every day I must adjust to align with each customer's change, mgt objectives and technology requirements.
Commercial / Marketing	As part of my role of Integration manager I prepare and work closely with our marketing team on assets to share with third parties.

I wish to be nominated for the above role, and if elected, agree to always act first in the best interests of Triathlon Ireland and the sport nationally, 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: 3rd March 2025