

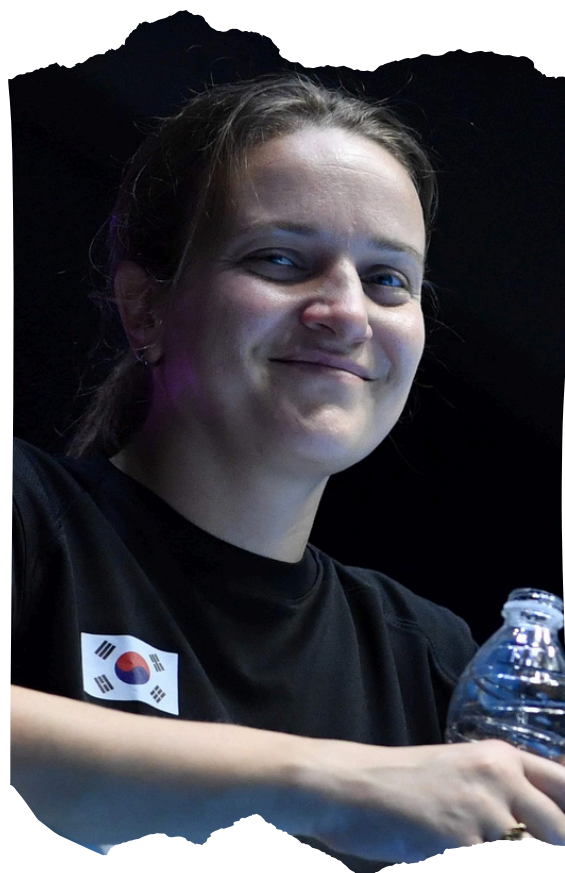
PROFILE

Spoken and written languages French, English, Spanish, Korean (functional)
Personal qualities Efficiency, organization skills, initiative, adaptability
Computer knowledge Office Suite, Google Tools, WordPress, iMovie, Mailchimp

ACHIEVEMENTS AS AN ATHLETE

Two-Time World Champion 2006 and 2008
Olympian at the Rio Games 2016
Medal of the National Assembly of Qc 2016
Commonwealth Games silver medalist 2014
Pan-American Games bronze medalist 2015

- World Championships silver (2005) and bronze medalist (2014)
- Four-time Continental Champion (2005 to 2007 and 2009)
- Trophy *Best Female Boxer in Canada* (2006, 2008, 2009 and 2014)
- Canada National Team Member (2004 to 2016)
- 130 wins in 165 bouts



EDUCATION

IBA Cutman Workshop

IBA World Championships, Turkey | 2022

Advanced Coaching Diploma

INSQ | 2020-2022

Competition-Development

NCCP | 2023

Professional Certificate in Business Startup

Quebec School of Entrepreneurs | 2018

IBA 1-Star Coach Certification

International Boxing Association | 2017

Professional Certificate in Broadcast Journalism

Promedia Radio and Television School | 2017

Microprogram in Initiation to Translation

UQAM | 2012

Bachelor in French Language and Professional Writing, Minor in Communication

Laval University | 2009

Physical and Health Education (15 credits)

Laval University | 2004

CO-FOUNDER AND GENERAL MANAGER

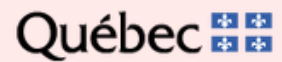
[Box'éduc](#) | since 2018



- Training of elementary and high school physical education teachers to enable them to deliver 9 boxing sessions that meet the Ministry of Education's requirements
- Creating the training aids (lesson plans, video tutorials, evaluation grid, etc.)
- Designing and maintaining the Box'éduc Web platform
- Promoting on social media and liaison with teachers and schools
- Negotiating agreements with sponsors and equipment suppliers
- Delivering boxing clinics for physical education teachers at the 2017, 2018, 2019 and 2024 annual congresses of the FÉÉPEQ (provincial federation of phys. ed. teachers)
- Facilitating introductory boxing classes in elementary and high schools
- Building and delivering workshops about mental preparation
- Managing staff coordination to ensure the facilitation of boxing classes

CONSULTANT EXPERT

[Régie des alcools des courses et des jeux](#) (RACJ) | 2023-2024



Mandate entrusted: issuing recommendations to optimize the Régie's practices regarding physical safety and financial wellness of professional combat sport athletes in Quebec

- Establishing the work plan and timelines throughout the year
- Overseeing and guiding the planning and delivery of the final report
- Reviewing the Régie's practices in relation to the combat sports laws and regulations in Quebec
- Conducting 60 semi-directed interviews with professionals in the combat sports field: ringside physicians, neurologists, inspectors, referees, former commissioner, IST, athletes, coaches, managers, promoters, lawyers and representatives of other athletic commissions in Canada, the United States and Mexico
- Choosing the relevant interviewees, connect with them, plan and conduct the interviews, summarize the information and structure the overall data

SOUTH KOREA WOMEN NATIONAL TEAM COACH

Boxing Association of Korea | 2020-2023



- Establishing the annual, monthly and weekly training plans for the women team; leading and managing the team during overseas training camps and competitions
- Goal setting and ongoing evaluation of athletes' performances; reporting to the Association
- Collaborating with IST to ensure optimal performance
- Sporadically ensuring liaison with personal coaches of the women athletes
- Coordinating various sparring sessions among multiple countries (World Championships 2022 & 2023)

Main distinction:

★ **Best Performance of the Women Korean Team ever, at the 2022 Asian Championships:**

- 1 gold, 1 silver, 4 bronze and trophy ASBC *Best Female Boxer*
- Multisport Games participation: 2020 Tokyo Olympics and 2022 Asian Games

PREVIOUS COACHING EXPERIENCE

- **Organization and supervision of training camps and competitions**
 - Canada Team Coach at the Copa Independencia in Santiago, Dominican Republic | 2025
 - Canada Team Coach for an Elite training camp in Jincheon, South Korea | 2020
 - Quebec Women Team Coach (Youth and Elite) for a training camp in Dublin, Ireland | 2017
 - Head Coach for the annual provincial Boxing Quebec Youth training camp | 2017
 - Club Coach at the Ringside World Boxing Championships in Kansas City, USA | 2017
 - Organization of various sparring sessions for the Boxing Quebec female athletes | 2015
- **Various group and private lessons for beginners to competitors, from 4 to 50 years old**
Levis Olympic Boxing Club, Underdog Gym and Sherbatov Gym | 2003-2020
- **Planning and delivery of the year-round boxing program for student-athletes**
Pointe-Lévy High School | 2004-2005

OTHER SPORT INVOLVMENT

MENTOR, ADVANCED COACHING DIPLOMA

INSQ and NCCP | since 2024

- Providing mentoring to three high-level coaches throughout their ACD
- Grading of the assignments submitted by coaches enrolled in the ACD

PRESIDENT & SECRETARY TREASURER

[Boxing Quebec](#) | 2018-2024

- Development of a boxing-specific and accessible return-to-fight protocol
- Implementation of the Quebec National Teams program within the Federation and appointment of dedicated coach-coordinators to supervise them
- Improvement of the political context within the Federation
- Live translation of Boxing Canada's R & J Level 4 course for the Quebec referees and judges
- Redesign of the website

PUBLIC SPEAKER

- **Various speeches and presentations** | *The Mindset* panel, Aleksandra Wozniak Tennis Academy (2024); *Sport et leadership* panel, Chambre de commerce et d'industrie française au Canada (2024); Member of the speaker squad *Jouez gagnant!*, Team Quebec in collaboration with the COC (2006-2020); Speech on International Women's Day at the Consulate General of the United States, Quebec (2017); Conference on Sport Psychology for Elite Athletes, University of Montreal (2017)

BOXING ANALYST (FRENCH AND ENGLISH)

[91,9 Sports](#) and [punchinggrace.com](#) | 2017-2022

- Professional boxing events such as *Fight Club series*
- 2017 National Championships for Boxing Canada and Provincial Championships for Boxing Quebec

MEDICAL COMMISSIONER & PROMOTION AGENT

[Eye of the Tiger Management](#) | 2012-2015

- Management of the medical records and licences of professional boxers: verification of the compliance of our athletes and opponents with the medical requirements of athletic commissions in Canada and abroad
- Logistics support during professional boxing events (i.e. Bell Center, Corona Theater)
- Promotion, event ticket management and liaison with the boxing clubs and partners)