



## 26. Ms. BURNS Lauren

- Current Position: Director, Lauren Burns P/L – Speaker, Researcher, Human Performance Consultant
- Date of Birth: June 8, 1974
- Language: English
- Gender: Female
- Nationality: Australia

### A. Qualification & Experience in Taekwondo

Olympic gold medal, Sydney 2000 -49kg  
Athletes Commission, Taekwondo Australia  
Ambassador, Taekwondo Australia  
Women's Team Captain, Australian Taekwondo Team  
Australian Taekwondo - Member of Australian Taekwondo Appeals Tribunal

### B. Experience in Other Areas (Other Sports, Business or Professional)

Chair, Victorian Institute of Sport  
Combat Australia - Wellbeing and Engagement Manager  
Academic Researcher, elite performance  
Run own business - Corporate speaker (28yrs)  
Order of Australia Medal recipient  
Athletes Commission - Australian Olympic Committee  
Olympic Education Ambassador  
Red Dust Role Models

### C. Education

PhD, Athlete Lifestyle and Mindset  
Bachelor of Health Science, Naturopathy

### D. Vision for WT in next 4-years

As an Olympic gold medalist, researcher, and lifelong advocate for athlete well-being, my vision for World Taekwondo is to foster a global culture where performance excellence is matched by excellence in care – physical, mental, and emotional. I believe that Taekwondo is not just a sport but a powerful vehicle for personal growth, community connection, and cultural diplomacy.

I aim to contribute to a future-focused World Taekwondo that:

- Elevates Athlete Development through a holistic lens, integrating the latest science in performance psychology, lifestyle medicine, and interpersonal dynamics to support athletes at all stages of their journey – from grassroots to elite and beyond.

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- Promotes Ethical Leadership and Governance, championing transparency, inclusivity, and athlete representation at every level of decision-making.
  - Strengthens Global Engagement, ensuring Taekwondo continues to evolve as a modern, inclusive, and accessible martial art, deeply rooted in its values of respect, discipline, and perseverance.
  - Innovates in Education and Wellbeing, bringing my background in naturopathy and research to design initiatives that enhance recovery, resilience, and longevity in our athletes – ensuring they not only perform, but flourish.
  - Cultivates the Indomitable Spirit, honouring Taekwondo's deeper philosophy by empowering individuals to overcome adversity, cultivate resilience, and contribute meaningfully to their communities – on and off the mat.

Having served on athletes' commissions, governance boards, and led research that has informed national high-performance strategy, I bring a unique integration of lived experience, academic insight, and systems thinking. My vision is to serve World Taekwondo with integrity, dedication, and an unwavering belief in the potential of our people, our values, and our sport.

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