



*"Your Voice. Our Sport.  
Limitless Potential.  
Championing Paddlers,  
Powering Our Sport."*

# Emma Wiggs, GBR

## Candidate for ICF Athletes' Committee

### Profile and Key Strengths

- Goal-orientated individual who is driven to leave no stone unturned in the pursuit of pushing performance limits and delivering world-leading times on the water.
- Champions an attitude and mindset focusing on abilities rather than disabilities, fostering excellence and inspiring achievement in others.
- Applies a consistent and organised approach to full-time training, optimising world-class decision-making to maximise athletic performance and personal development.
- As a senior member of the Paracanoe team and former captain of the GB Volleyball team, takes a proactive mentoring approach to support younger members of the team to fulfil their potential.
- Expert in high-level communication, fostering optimal collaboration and outcomes. As an Athlete Representative, effectively communicates with senior leaders to ensure the Athlete voice is both heard and appreciated to secure vital resources for the daily training environment.
- Possesses the discipline and desire required to succeed on the world stage and is well equipped to transfer these attributes to influence and challenge others to drive behavioural change in the pursuit of improved performance.
- Engages and inspires audiences through a natural, authentic, honest and relatable communication style, motivating individuals to apply principles for positive life changes.
- Passionate about sharing personal experiences and life-changing strategies with others, leveraging insights from navigating disability and elite athletic performance to unlock the potential in others to improve their performance, lifestyle and happiness.
- Adept in mentoring how mindset is the key to focusing on abilities and driving performance under pressure, cultivating the understated significance of the team behind the team.
- Developed and delivered tailored bespoke presentations for corporate clients ranging from managing change, unlocking performance potential, thriving not surviving, working with dysfunctional teams, choosing your attitude and leadership for performance. Clients include HSBC, Rolls Royce, Shell, Waitrose, Barclays, Savilles, Tesco, Headteachers Union, RFU, Seven Trent, NHS, ASOS, as well as many schools, colleges, community groups and local businesses.
- Mentors and works with young people in school and college environments, promoting and encouraging positive behavioural change.
- Recognised as a role model for young people, raising aspirations and inspiring transformative changes in their attitudes and approaches to overcome challenges they face in their lives.

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## Professional Experience


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### Paracanoe (International Debut for GBR 2013)

#### Paralympic Games

Paris 2024 (VL2, KL2)  

Toyko 2021 (VL2, KL2)  

Rio 2016 (KL2) 

London 2012 – GBR Sitting Volleyball 8th Place

**World Championships:**  x12 and  x5

**European Championships:**  x10 and  x1

**World Cup:**  x4  x2

**Paddle UK Full-Time World Class Programme Athlete** - December 2012 – Present

**Keynote Speaker & Facilitator** - June 2010 – Present

**Youth Sports Trust Athlete Mentor** - November 2012 – August 2017

**British Sitting Volleyball** - January 2010 – November 2012

**Teacher Physical Education, The Regis School** - 2010 – 2012

**PE Head of Department, Lavant House, West Sussex** - 2004 – 2010

## Education

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**CTGA Professional Development** - 2008

PGCERT Level 5 Leadership

**University College Chichester** - 2003 - 2024

Professional Development Diploma in Pastoral Care

PGCE (Hons) Physical Education Secondary

**University College Chichester** - 2000 - 2003

BSC(Hons) Sport & Exercise Science First Class

**Watford Grammar School for Girls** - 1991 - 1998

A Levels: Human Biology, Home Economics, Business Studies (A,C,C)

GCSEs: 9 grades between A\* & C (Including English, Maths and Sciences)

## Achievements

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Transitioned from a teaching career to pursue full time career as a Paralympic Athlete

Awarded an MBE for services to Canoeing in 2017

Awarded an Honorary Doctorate in Sport & Exercise Science from University of Chichester 2017

Awarded an Honorary Doctorate in Sport & Exercise Science from Loughborough University 2025 for services to Women's Sport

## Volunteering Experience

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**UK Anti-Doping Athlete Commission** - 2013 - 2021

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### Strategic Plans for Future Implementation

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*My vision as a member of the ICF Athletes' Committee is to be a voice for paddlers across the globe to drive real change within our sport. I will endeavour to create opportunities to grow our sport and a platform to showcase paddling to the world.*

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- It is with immense pleasure and unwavering conviction that I put myself forward for consideration as Paddle UK's nominated athlete for the ICF Athletes' Committee. As a three-time Paralympic Champion and twelve-time World Champion, I believe I have the experience and passion to contribute to our shared vision of elevating paddle sports on a global scale.
- Paddling has shaped and positively impacted my life beyond measure, and as part of the Athletes' committee I will endeavour to deliver the ICF Fit for Future Evolution strategy and showcase our sport on the world stage.
- My unparalleled achievements in paracanoeing speak volumes about my dedication, skill, and profound understanding of elite athletic performance and I believe these experiences will add a great deal to the athlete committee as we seek to represent and deliver for paddlers across the world.
- Since my debut in 2013, I have shown that performance and passion are essential for success. My unwavering commitment to our sport has only deepened as my career has progressed and I am committed to sustaining this level of excellence and driving positive change, both personally within my own performances and by empowering others worldwide.
- I learnt a huge amount as part of the UK Anti-Doping Athlete Committee for 8 years and am also enthusiastic about using our sport to show how the outdoors and paddling in beautiful blue spaces can positively impact our mental health and wellbeing.
- Beyond my competitive record, I possess invaluable insights into the needs and perspectives of athletes and have built an extensive network of international paddlers within which I can reach out to and consult as required. My experience across numerous international competitions, coupled with my leadership within the paracanoeing community, makes me an ideal ambassador and candidate to represent the diverse voices within the ICF. I understand the challenges and triumphs inherent in high-performance sport and would bring a thoughtful, empathetic, and highly informed perspective to the committee's deliberations.
- Athletes are the beating heart of any sport, and I know the ICF recognise and embrace this. The relationships I have built so far over my career will enable me to work hard to drive positive change and ensure we continue to show the world that paddling is a powerhouse sport.
- My unparalleled successes, passion for paddling, ability to drive change, and my deep understanding of what it takes to perform and win well, would undoubtedly contribute to the continued growth and success of our sport. I recognise the importance of working with and inspiring the next generation of paddlers and supporting the growth of our sport at all levels of the pathway around the world.
- I am confident I would be an asset to the ICF Athletes' Committee and a proud ambassador for Paddle UK on the international stage.