

Vice-President Candidate Application Pack

2025

4. Vice President Candidate Application Form

Please return the completed form to elections@sailing.org

CAFs (excluding Part A of Section 4 and Section 6) for all Eligible Candidates shall be published on the World Sailing website – www.sailing.org

YOUR PICTURE:

A profile picture is required as part of your application. The picture should be a good quality jpeg image of your head and shoulders only (passport style). Please import your photo below to size 35mm x 45mm or send the picture as an attachment at the same time you send your completed Candidate Application Form to elections@sailing.org



Part B: Your application information for publication

Family name	
Given name	
Gender	Female
Date of birth	
Nationality	
Nominating MNA	
Nominating for	Vice-President



Part C: Experience profile

Please detail only the most significant achievements across each of the following areas of sports involvement

SAILING CAREER *i.e. sailing achievements*

My competitive sporting career began in sailing. I started sailing and competing at the age of 8 and went on to win national regattas in the Optimist class. Although my path led me to become an Olympian in alpine skiing, representing Cyprus at the Vancouver 2010 Winter Olympic Games, sailing remained a constant in my life. Throughout my sporting career, I continued to train and compete in multiple classes, including Laser, 470, windsurfing, and keelboats.

In 2023, through my initiative Winds of Change, I completed the first circumnavigation of Cyprus in nearly 50 years, together with a crew of young people from two divided communities, undertaken in the name of peace.

SAILING ADMINISTRATION *i.e. involvement with sailing administration, MNAs, classes, clubs, race officials (on a national/regional level). It is mandatory to declare any positions held in World Sailing MNAs, World Sailing Classes, World Sailing Affiliate Continental Members, World Sailing Affiliate Members, Associate Members and Recognized Organisations.*

While I do not currently hold a formal elected position within a World Sailing MNA or Class, I maintain an active and collaborative relationship with the Cyprus Sailing Federation, advising the MNA particularly on matters related to sustainability, an area that is increasingly central to the future of the sport.

Through the Winds of Change initiative, I have worked alongside sailing clubs, youth programmes, and local communities to broaden access to sailing and promote its potential as a vehicle for social impact. These efforts include educational outreach, environmental campaigns, and events that highlight sailing's unique ability to inspire unity, resilience, and peace. This work has gone beyond the sport itself, involving diplomacy and bridge-building between divided communities, fostering dialogue, and creating shared experiences that transcend political and cultural barriers. This has required navigating complex cultural and political contexts, fostering dialogue between divided communities, and building trust among diverse stakeholders.

OTHER SPORTS ADMINISTRATION *i.e. involvement with sports other than sailing whether national, regional or international*

I currently serve as a member of two International Olympic Committee (IOC) Commissions:

- IOC Olympic Programme Commission, which plays a critical role in shaping the Olympic Games by reviewing and advising on the inclusion of sports, disciplines, and events, to ensure the Olympic programme remains dynamic, relevant, and aligned with the core values of Olympism.
- IOC Health, Medicine and Science Commission, where I contribute to the development of policies and initiatives aimed at safeguarding the health and well-being of athletes.

Through these roles, I am privileged to contribute to the strategic direction of the Olympic Movement, with a particular focus on athlete-centered, forward-thinking solutions that support the long-term integrity and sustainability of sport.

ROLES WITHIN WORLD SAILING *i.e. Committees, Race Official status and involvement with significant World Sailing Events*

World Sailing Medical Commission Member (2018–present)

As a long-standing member of the World Sailing Medical Commission, I have contributed medical and athlete-focused expertise to support the health, safety, and well-being of sailors across the sport.

My responsibilities include reviewing and advising on medical policies, competition and event protocols, and athlete welfare guidelines. This work spans a wide range of critical areas, including anti-doping, safeguarding, injury prevention, emergency preparedness, and mental health support.

OTHER *Please detail other significant experiences to be included on your profile:*

Attending Surgeon – Department of General Surgery, Männedorf Hospital, Zurich

As an attending surgeon with a background in visceral and transplant surgery, I work daily at the intersection of skill, compassion, and teamwork. My role blends precision and sound decision-making with a focus on supporting patients and guiding them through some of life's most challenging moments. I enjoy mentoring junior colleagues, fostering a positive and collaborative working environment, and continuously expanding my expertise to deliver the best possible care.

Olympian – Vancouver 2010 Winter Olympic Games

Represented Cyprus in alpine skiing. My Olympic journey shaped my values in leadership, perseverance, and cross-cultural connection.

Founder – Winds of Change

Creator and driving force behind a pioneering sailing-for-development initiative that uses sport as a platform for peace, dialogue, and youth engagement. The project achieved the first circumnavigation of Cyprus in 50 years, uniting youth from the two divided communities on the island. Since its inception, it has engaged over 2,500 people across 9 countries through sailing expeditions, educational programmes, and cross-community events.

Key Achievements:

- World Sailing "11th Hour Racing Sustainability Award"
- Peace and Sport Award "Diplomatic Action of the Year"
- Winds of Change Documentary – Premiered at the Paris 2024 Olympic Games

Through my dual careers in surgery and sport, I bring the same principles to the operating room, the water, and the community: precision, teamwork, courage, and a commitment to creating positive, lasting change.

CANDIDATE GOALS Please type in the box your main goals if elected. You will also be contacted by the World Sailing Executive Office in due course to see if you wish us to publish a manifesto document or video (see Election Rules Rule 3.4 and 3.5). Do not exceed 800 words.

If elected, I will bring a collaborative, athlete-focused, and forward-looking perspective to further strengthen the Executive Board's work. My goals build on the solid foundation already laid, focusing on strategic growth, inclusivity, and innovation to ensure sailing continues to thrive globally. My key goals will be:

1. An "Athlete First" Approach

Athletes—across all classes, levels, and regions—must remain at the heart of our decision-making. A strong sailing ecosystem starts with listening to our sailors. If I get elected I will work towards expanding a structured and active engagement with the athlete community through dedicated athlete forums and regular dialogue platforms.

2. Olympic Alignment and Advocacy

Ensuring sailing remains relevant, visible, and valued within the Olympic Movement is essential for our sport's future. My experience on IOC commissions has given me valuable insights and a deep understanding of the evolving priorities across sports. If elected, I will use this expertise to ensure sailing remains strongly aligned with the Olympic Movement's goals, helping our sport adapt and thrive on the world's biggest stage.

3. From Strategy to Collective Action

World Sailing's 2025–2029 Strategy is a strong foundation. I aim to help turn that strategy into action through regional engagement, tailored approaches, and meaningful collaborations. Implementation must respect the diversity of needs and challenges in the different parts of the world.

4. Inclusion, Diversity, and Sustainable Development

If elected, I will prioritize gender equality by creating more opportunities, increasing visibility, and supporting leadership development for women in sailing, empowering them as active participants and leaders in the sport.

Sailing has untapped potential as a vehicle for positive change for individuals but also communities. I will work to expand access, build inclusive pathways, and ensure sailing is aligned with the UN Sustainable Development Goals and Olympism365.

By aligning with the UN SDGs and the Olympic Movement's Olympism365 strategy, we can make sailing more relevant—not just as a sport, but as a catalyst for social impact. In this way, sailing becomes a global sport with local impact, strengthening its role within the Olympic family.

5. Thoughtful, Forward-Looking Development

Growth must be strategic and sustainable. I believe in a development model that is not only about increasing numbers but about building quality structures that endure. I want to ensure that our decisions address present needs while anticipating future challenges, guided by well-considered, data-driven insights.

6. Expanding Revenue and Visibility

Securing sponsorships has become an increasingly difficult challenge across the entire sports industry. My goal is to maximize the value of our sport by proactively seeking strategic partnerships with sponsors whose values and vision align closely with our sport's identity.

By enhancing the visibility and elevating the profile of our athletes and ambassadors, we can significantly boost our sport's appeal to media outlets. This, in turn, will create a positive cycle of growing interest, engagement, and ultimately, value.

To achieve this, I plan to strengthen our broadcast and digital platforms, ensuring that our athletes and events receive the exposure they deserve—fueling sustainable, long-term growth in both revenue and visibility.

7. Data-driven decisions

With my medical and scientific background, I am a strong advocate for using data and evidence to guide our decision-making. By grounding our choices in reliable information, we can measure impact accurately, validate outcomes, and make thoughtful adjustments over time.

This approach not only enhances transparency and accountability but also supports the development of a sustainable, ambitious, yet achievable long-term vision – one I am fully committed to supporting.

8. Innovation and Technology for Good

Innovation presents a powerful opportunity to enhance safety and elevate the experience for sailors, spectators, and organizers alike. Technologies such as race tracking, data analytics, and digital engagement can add real value—but success depends on finding the right balance between embracing these tools and preserving the essential human elements that are vital to the conduct and spirit of our events.



World Sailing

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