

# KEIRA FORSYTHE



## Disability & Taekwondo Champion

Keira is a 27 year old Amputee & GB Taekwondo Athlete with a mission to remove the stigma surrounding disability. After 7 years of medical mystery, she was told that the damage from her 'freak accident' was beyond repair, which ultimately led to an arm amputation.

She wants to share her story and learnt resilience to help others fighting the same battle as well as educate on how to deal with this in public scenarios. She is currently training for the Paralympics, and can run taekwondo classes alongside raising disability awareness.



CLICK HERE  
& BOOK ME  
**TODAY**

### SESSIONS FOCUS ON:

- ✓ Taekwondo Training Classes
- ✓ Tackling The Stigma Around Disability
- ✓ Building Resilience & Body Confidence

### AVAILABLE FOR:

- ✓ Primary, Secondary & SEND
- ✓ Northern Schools



Watch Me  
in Action