



**SARAH BREMNER**  
YMCA Scotland

30 years of age or under on 4 July 2022? Yes

## **BIOGRAPHY**

Sarah was brought up in the YMCA and then became a volunteer in her local YMCA - Dumfries. When she moved to Aberdeen to study primary teaching at Aberdeen University, it was natural to become involved in Aberdeen YMCA. At the same time, Sarah also became more involved nationally at YMCA Scotland in their Youth Committee before joining the Executive Committee. From these positions, she attended events at YMCA Europe and progressed to becoming a Change Agent with the World YMCA. Sarah has always loved the feeling of being part of the YMCA family at all levels and looked for other opportunities to become more involved in the YMCA.

Sarah completed YMCA Scotland's Full Board training programme and this trained her in different aspects involved in governance and the role and responsibilities of being a part of a Board of Directors. This training course provided her with a wealth of knowledge which assisted in Sarah's role on her local board of directors and then joining YMCA Scotland's executive committee.

Being involved in governance at both local and national levels has given Sarah great experience in understanding how governance at different levels operates, as well as how to deal with unknown challenges, and how to pre-empt other challenges. She has learnt a vast range of skills including dealing with finances, strategic planning as well as policy writing.

One other skill Sarah has learnt is to look to the future. It is good to learn from the past but ultimately, we need to be looking forward and identifying the next opportunities and ways to empower young people. She feels that she will be able to use these skills at a world level as part of the World Executive Committee but also continue to learn and develop through this new, exciting opportunity.

Sarah is excited, if elected, to be part of driving forward the new strategic plan at local, national and world levels, continuing to look forward and find new ways and opportunities for empowering young people.

