



**Helen Vost – Managing Director  
Youth Sport Trust International**

Since 2015 Helen has been Managing Director of Youth Sport Trust International, a charity devoted to improving the lives of young people around the globe, using the inspirational power of play, physical activity and sport. It is the international arm of UK based charity, the Youth Sport Trust, which Helen helped to establish in 1995 with Founder and President Sir John Beckwith and Olympic gold medallist, Duncan Goodhew.

Helen has over 25 years' experience in the voluntary sector. Her areas of specialism are:

- Strategic planning
- New business
- Stakeholder engagement
- Bid writing

Other areas of expertise include press and public relations, corporate partnerships, fundraising and event management.

Helen's involvement with ISCA has been through membership over the past five years, attending Move Congress and Youth Sport Trust International being a partner with ISCA in a number of EU Erasmus+ Sport funded projects including European School Sport Day, Active School Communities and the Moving Schools Award.

Helen has a BA Honours degree in English Literature from London University.