

MIRANDA KAMAL



Miranda's ability to provide the encouragement, support and empathy required by MJKO students earned her the 2012 Ontario Coach's Association Excellence Award in the Trailblazer category.



"It was never about violence or hurting anyone, boxing was always about personal protection and feeling safe. I was the victim of a sexual assault in high school and that left me feeling vulnerable and alone. It was the process of learning to box and overcoming fear that healed me. Boxing gave me my abuse a voice." Kamal



"I'm writing to you because I want to support one of the best people I know. This woman is very intelligent, reliable, understanding but mostly generous. She helped lots of youth including me, to become better people not only from the inside of our heart but also on the outside." Athlete



"Regardless of the challenges, I have watched Miranda thrive in trying situations. She has worked tirelessly to establish collaborative relationships with local families, public schools, police departments and other youth-focused organizations such as the Maple Leaf Sports Foundation. She has taken on combating stereotypes of MJKO participants, particularly those in Parkdale, who face issues such as poverty, language barriers, bullying and over-sexualisation. Over the years I have watched local youth become empowered by Miranda's encouragement and support." Jaimie Burke, Toronto Resident



Miranda Kamal, ChPC

Executive Director, Programs Manager, MJKO Boxing
International Boxing Association (AIBA) 2 Star Boxing Coach
Advanced Coaching Diploma Graduate, Canadian Sport Institute of Ontario,
Charter Professional Coach, Coaching Association of Canada



Her Story

MJKO was founded by Miranda Kamal, who now serves as the Executive Director/Program Manager and Head Coach. As a survivor of sexual assault at 16, Kamal took up the sport of boxing as part of her healing process. Canadian Silver Medalist Egerton Marcus took her under his wing and together they prepared her for her first competitive bout. As a mortgage broker, Kamal focused on building trust and a loyal client base by sharing monthly newsletters that were about her boxing goals and personal setbacks. One of her clients showed interest in sharing her story and created a full 45 minute film documentary about Miranda's journey into the ring for the first time.

Shortly after starting her competitive career, Miranda was forced to hang up the gloves due to a serious non-boxing related spinal cord injury. In June 2009, Miranda was rushed to Toronto Western where she was admitted to the emergency room. Presenting cauda equina syndrome, she required spine surgery immediately.

At that moment, Miranda vowed that, if she recovered from surgery and was able to walk, she would quit her job as a mortgage broker and devote her life to the sport of boxing. She stuck to her word and in October 22, 2010, Mentoring Juniors Kids Organization (MJKO) was founded.

The dream was to create Community Champions through sport; specifically non-contact boxing. Focusing on the needs of the whole person, teaching the fundamental benefits of social skills development, healthy food choices, mindfulness, belonging and physical activity.

In November 2011, she married 8 Time National Champion, Ibrahim Kamal. She successfully helped Ibrahim transition from amateur boxing to a professional contract with one of the fight game's biggest promoters: Eye of the Tiger Management (EOTM). It was there where Miranda supported Head Coach, Mike Moffa and EOTM's owner, Camille Estephan in managing Ibrahim's career. When her husband was forced to retire with a 9W (6KHO) and 2 (L) record due to injury, they both focused their full energy on helping youth have access to free boxing. Together, with the help of many supporters, MJKO has helped over 10,000 youth, aged 6 -18 throughout Toronto's priority neighborhoods.



Miranda acted as Executive Director to MJKO on a voluntary basis from 2010 until mid-2014. After being awarded a 2014 Ontario Trillium Foundation Grant, Miranda was formally employed as the Program Manager of MJKO's "I'M A CHAMP" program. In 2015, MJKO received an Ontario Sports and Recreation Communities Fund Grant which was used to employ Miranda to deliver the Blueprint program for the 2015-2016 school year. In late 2016, MJKO was successful at attaining \$374,000 Ontario Trillium Foundation Grow Grant. Since the start of that program, 1,784 youth have been taught boxing as a tool for good mental and physical health.

MJKO has made many strides within the community due to Miranda's desire to help others. For Miranda, coaching and helping others is not a job, it's a lifestyle. Her ability to provide the encouragement, support and empathy required by MJKO students earned her the 2012 Ontario Coach's Association (CAO) Trailblazer Award. This achievement was earned based on her "outside the box thinking, making a notable difference within the community and her ability to succeed traveling the road less traveled in hopes of changing the sport of boxing for the better," as noted by the CAO.

In 2015, Miranda was selected as a TO2015 Pan American Games Athlete Ambassador with Motivate Canada to provide motivation talks to high school youth getting them excited about the upcoming games.

In 2016, she was on an advisory team, meeting with Mayor John Tory to discuss city building and whether Toronto should make an Olympic bid. Under Miranda's leadership, MJKO has formed invaluable partnerships and continues to break down barriers on a daily bases.



She also holds her Level One Judge and Referee certification. In 2017, Miranda had her first athlete make the Ontario Provincial Team, winning a Silver medal at the Provincial Championships. Miranda has led the MJKO team to raise over \$500,000 in donated funds to support our free programs. These funds have ensured that all kids, no matter their social economic background, have access to free boxing training in Toronto.

Miranda Kamal was invited to speak about the success of MJKO partnership with the local station at the Pearls of Policing conference in 2017, a global think tank where Police Chiefs from around the world met to discuss the strategic challenges of making cities safe.

Coach Kamal acquired her Advanced Coaching Diploma through National Coaching Certification Program at the Canadian Sport Institute in August 2018. Later that same year, she traveled to Rohtak, India where she successfully passed her International Boxing Association (AIBA) 2 Star Boxing Coach certification exams. She joins 26 other women, worldwide with this certification. The AIBA Two Star allows Miranda to coach any International Olympic Commission (IOC) events as a Second. The last course in this certification process is AIBA level 3, which would allow her to act as the Head Coach at any IOC events. Miranda will pursue that certification over the next few years.

In 2019, Miranda started training the Canadian Prime Minister, Justin Trudeau when he is in Toronto.

To learn more about MJKO visit www.mjko.ca.



Miranda taking her International Boxing Association (AIBA) 2 Star Boxing Coach, certification in Rohtak, India. She is one of only 26 women in the world with this certification.

99 Second Philsophy

Being **GENUINE** is the key to my leadership style. My ability to make a difference is grounded in **PASSION**. I believe that what my athletes do outside the ring is as important as what they do inside the ring. As a coach, I lead by example and teach that success and happiness are not measured in money or medals, but in purpose. We all have a part to play in using sport to make the world better. I hope that my love of boxing and sport inspires my athletes to be the best version of themselves. My goal is to have all my athletes understand that doing their best is enough!



"My time with Miranda has truly shaped the person I have become. Miranda helped me understand the importance of female leadership in our community. She is not only my mentor, but a trusted friend who is always there when I need her. She has helped shape me into a strong Afghani woman, teaching me to be a leader, coach and community member." Zeenat Afghan, Athlete



Strong, confident, hardworking, brave

AWARDS and ACHIEVEMENTS



2018 Nominated for Canada 150 Award

2017 Get Leashed, Doggy Style, Magazine feature

2017 City Mogul Award

2016 Nominated for the Toronto Sports Hall of Honour



2016 Ontario's Leading Women, Leading Girls, Building Communities Award Winner

2016 Price Waterhouse Cooper Leadership Award

2015 Vital People Award Winner Toronto Foundation

2015 TO2015 Pan American Games Athlete Ambassador



2014 Westjet Above and Beyond Feature

2014 Nominated for Prime Ministers Volunteer Award

2013 Gift of Giving Globe and Mail Feature

2013 CBC Metro Morning Guest & As It Happens Guest



2013 Community Hero Award, George Chuvaldo

2012 Everest Academy S.E.L.F Award Winner (Leadership Category)

2012 Ontario Coaching Excellence Trailblazer Award Winner



2010 Toronto Business Development Centre "Excellence in Youth Entrepreneur" Semi-Finalist

2009 Youth Assisting Youth Peer Mentor Volunteer 10 years

2009 Ontario Volunteer Service Award 5 Years

1995 (4th place) & 1991 Canada Games

1991 Test Tournament (Olympic) Winner Atlantic Region

1989-1995 NS Provincial Table Tennis Team Member

1989-1995 National Championships (7 medals)



SPEAKING AND PUBLIC ENGAGEMENTS



2018 Fight for Change, Canadian Coaches Association Leadership Sportif

2018 The Heart of Resilience Film with City of Toronto

2018 Sirius XM - Canada Now - Jeff Sammut

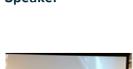
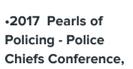


2017 Team Kamal partnering with Chevrolet & Amazon to tell our story in a car commercial

2017 Global and Mail Developer threatens to scatter artists community

2017 City Moguls Newsworthy Entrepreneurs Award

2017 Pearls of Policing - Police Chiefs Conference, Speaker

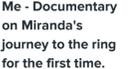


2017 Miranda Kamal talking to City TV news at Masjid Toronto

2017 A Date with Daniel - You Tube Host

2015 MJKO on CBC News with Heather Hiscox & Toronto Foundation CEO, Rahul Bhardwaj

2014 The Fight'n Me - Documentary on Miranda's journey to the ring for the first time.



2013 Toronto Star Parkdale schools mourn departed Roma students

2013 Global News Making A Difference

2013 MaRS Future Leaders

2014 CBC Sports

GoodNews Toronto 2013



2012 Ryerson Rams Anti Bullying Keynote Speaker

2012 Chinguacousy Secondary school Anti Bully Speaker

2012 Activate Ontario Youth Conference

2012 MaRS Future Leaders



2012 Access Alliance After School Program

2012 The Peer Project Girl's Only

2012 Harbord Collegiate Institute

2011 The Peer Project Crescent Town

2010 "Man Up" Brampton



"Miranda has truly helped my children to understand that relationships among people are the foundation of life. She inspires students to remember that "Community Success is Their Success," Youth Parent

