

The Champion for Plymouth/Black Rock



 @karyn_forbes

 @karyn_forbes25

 Karyn Forbes

#KARYNSTANDINGWITHWE

#PUTTOBAGOFIRSTAGAIN

#CHARITYBEGINSATHOME

#TOBAGOPNM

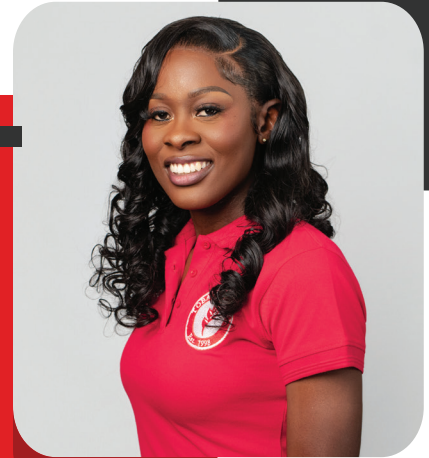
#PLYMOUTHBLACKROCK



KARYN FORBES

PROSPECTIVE CANDIDATE
PLYMOUTH / BLACK ROCK

LEADERSHIP | LOYALTY | HEART



Karyn “Baby” Forbes is a proud daughter of Plymouth/Black Rock, raised by a single mother who taught her the value of discipline, hard work, and standing tall in the face of adversity. As a national footballer, she carried the red, white, and black across the world with pride, earning respect not only for her talent but for her leadership and humility.

Her journey from training on village fields to becoming a respected athlete, author and youth mentor, has shaped her belief that opportunity should not depend on where you start, but on who stands with you.

From Tobago to the world, Karyn has been shaped by discipline, faith, and a relentless drive to rise. After earning an athletic scholarship in 2012, She completed a Bachelor’s in Business Administration and a Master’s in Interdisciplinary Studies at West Texas A&M University,



*From the Field to the People
— Always for the Community.*

where Karyn became an All-American, All-Regional honouree, and Midfielder of the Year 2016.

Her professional career took her to Iceland and Romania, expanding her vision and deepening her passion for youth development. As Captain of the Trinidad and Tobago National Women's Football Team, Karyn learned the true meaning of responsibility, teamwork, and representing something bigger than herself. That same passion led to the creation of my business, Forbes Football Visionary Concepts (FFVC), and the launch of her annual youth tournament, Kick It With Karyn, now in its tenth year of opening doors for young talent. As an international footballer, entrepreneur, mentor, and author of Woman of Substance, She remain committed to service, guided by faith, and driven to help the next generation climb higher Karyn has always kept her community close, whether through youth development, volunteer work, or personal mentorship.

Her life reflects a deep commitment to service, fairness, and giving young people a fighting chance. Now, she is stepping forward to serve Plymouth/Black Rock with the same grit, passion, and loyalty she has shown throughout her career.

PNM ACHIEVEMENTS WITHIN THE DISTRICT

- Upgraded Plymouth Playing Field (surface, lights, dressing rooms)
- New hard courts and recreational lighting in Plymouth and Courland
- Housing developments in Courland and Adventure
- Turtle Beach Heritage Park and improved fishing facilities
- YMCA Pool expansion
- Black Rock Outreach Centre and health facilities
- New Courland Recreation Ground and bridge
- Mary's Hill recreation upgrades and lighting
- Street lighting in Mt. Hay and sea walls in Black Rock
- Support for cultural and sports tourism events

PRIORITY ISSUES AND PLANS

Priorities

- Stronger families and youth support
- Job creation and local business growth
- Transparent, community-led development
- Youth empowerment through sport and education

Plans

People Empowerment & Family Futures

- Create a Generations Centre for childcare and elder care
- Expand youth mentorship, school support, and mental health services
- Provide skills training and entrepreneurship support

Economic Rebirth & Local Industry

- Develop the Courland Micro Mall & Innovation Hub
- Support fisherfolk, creatives, vendors, and small businesses
- Promote eco-tourism, cultural markets, and sustainable fishing

Unity 360 Development Framework

- Introduce village councils and regular community forums
- Public reporting and digital project updates
- Community beautification and cultural restoration

Forbes Future Field Initiative (F.F.F.I.)

- Sports academies, scholarships, and mentorship programmes
- Link athletes and businesses through community sponsorship
- Develop the Forbes Sports Village and sport-tourism events