

Emma was born in Newcastle, Australia. She began dancing at the age of 4 with Marie Walton Mahon Dance Academy, where she received her training for 13 years. In 2009, she graduated from Heinz-Bosl-Stiftung, Munich Ballet Academy with a Bachelor of Dance. While studying in Munich, Emma performed in Romeo and Juliet with the Bayerisches Staatsballett.

In 2009, Emma joined Magdeburg Ballett in Germany as a soloist. During her time there she performed many principal roles including Sugar Plum Fairy (Nutcracker) and Kitri (Don Quixote). In 2012, Emma received the Young Artist of the Year Award from Theater Magdeburg Ballett. Emma joined Singapore Dance Theatre in 2014, where she danced many traditional ballets as well as renowned choreographers works including August Bournonville, Choo-San Goh, Edwaard Liang, Francois Klaus, Natalie Weir, and George Balanchine. She also danced a soloist role as Carabosse in Sleeping Beauty (2015). Emma was teaching the Adult Dance Class scheme in 2014 and 2015 associated with Singapore Dance Theatre.

Emma completed an Honours Degree in Nutrition and Dietetics at the University of Newcastle graduating 1st Class Honours in 2019. Her Honours research project was on Australasian screening and identification processes for disordered eating and eating disorders in youth with type 1 diabetes, which she presented at the Nutrition Society of Australia 43rd Annual Scientific meeting. Her interest in becoming a dietitian emerged during her ballet career where she understood the value of healthy eating.

Emma's intended career focus is to support and guide people to be the healthiest version of themselves. To achieve this Emma established her own business 'Ideal Eats Dietetics' in 2020 which provides nutrition education sessions and private consultations Australia wide.