

## Clarke Carlisle

Former Premier League Footballer & Mental Health Advocate

**Mental Health & Wellbeing** An honest and inspiring discussion on mental health, resilience, and the importance of breaking down stigma through open conversations.

**Leadership Under Pressure** Drawing on his experiences in professional football and beyond, Clarke explores what it takes to lead with integrity, build trust, and perform in high-pressure environments.

**Resilience & Overcoming Adversity** A powerful session on facing setbacks, rebuilding after challenges, and developing the mindset needed to move forward with confidence.

**Diversity, Inclusion & Belonging** Insights into creating inclusive cultures, challenging discrimination, and fostering environments where everyone has the opportunity to thrive.