Helen Richardson-Walsh

Olympic Gold Medalist, GB Women’s Hockey

Olympic Gold & High-Performance Mindset Helen shares what it takes to perform under extreme pressure, drawing on her experience winning gold at Rio 2016 in one of the most dramatic Olympic finals in hockey history.

Leadership & Team Dynamics As part of Team GB’s senior leadership group, Helen offers insights into building trust, resilience, and collective accountability within high-performing teams.

Building High-Performance Teams Drawing on her Olympic success, Helen explores how trust, clarity of roles, and shared purpose drive exceptional team performance in business environments.