

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.