Kate Richardson-Walsh

Captain of GB and England Women's Hockey, Olympic Gold Medalist

Building a Gold Medal Team Culture Kate shares how trust, accountability and collective purpose helped Team GB create a high-performing culture that ultimately led to Olympic success in Rio 2016.

Resilience Under Pressure Drawing on experiences from elite sport, Kate explores how individuals and teams can overcome setbacks, adapt to change and deliver under pressure.

Sustaining High Performance An insight into the mindset, discipline and consistency required to maintain elite performance levels across a 17-year international hockey career.

Learning from Failure Kate reflects on how Team GB responded to disappointment at the 2014 World Cup, using adversity as a catalyst for growth and Olympic gold.