



# Build a Bridge - Live Your Best Life

Empowering leaders, teams, and organisations to unlock their full potential and achieve extraordinary sustainable results through elite performance strategies.

100,000

Professionals Inspired

200+

Organisations Transformed

Keynotes | Workshops | Leadership Training | Health & Performance Testing

MEET YOUR CATALYST FOR CHANGE

# Olly Bridge: From Elite Sport to the Boardroom

Expertise forged from a unique background spanning elite sport, Formula 1, and demanding corporate environments, bringing a practical, evidence-based approach to sustainable performance.



## Elite Sport

UK Sport & Olympic programmes



## Formula 1

Benetton & Renault teams



## Corporate & Start-ups

Global corporates & health start-ups

Across these diverse sectors, a consistent truth emerged: performance systems and talent frameworks are highly effective, but only when leaders possess the capacity to lead under sustained pressure. This critical insight is the foundation of Build a Bridge.

A sought-after keynote speaker, Olly has captivated audiences at countless conferences with inspiring stories, practical strategies, and unwavering passion. He is a catalyst for positive change, a beacon of inspiration, and a true advocate for holistic success in the modern workplace.

Discover More

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Trusted by leading organisations including:



# Proven Impact Across Industries

## Mining & Resources

"Olly's enthusiasm and passion is infectious. He has worked with our employees, and **I have watched him literally change people's lives!**"

## Professional Services

"Entertaining, engaging and insightful. Olly's style and approach appeal to broad audiences and his inspirational message cuts through. **Olly is the full package!**"

## Media

"Olly delivered an incredibly inspiring and high-energy keynote that truly captivated our 1,400-strong audience. **Beyond the powerful content, Olly was a pleasure to work with — genuine and approachable.**"

## Government

"Olly's keynote was a **masterclass in high-impact delivery**, capturing attention with his dynamic style and profound insights. Having **Olly set the stage was a privilege; he didn't just convey information, he ignited a motivational shift.**"

## Events

"Olly was fantastic to work with – **a true professional and master of his craft.** With only a few days' notice Olly was able to step in to deliver an outstanding and empowering session, that resonated with everyone in the room.. I wouldn't hesitate to book Olly again, the **only change I would make would be to give him more time on stage!**"

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THE URGENCY

# Why Your Team Needs This

In today's demanding landscape, organisations face unprecedented challenges. Build a Bridge addresses these critical issues to ensure your team thrives, not just survives.



## Burnout is a Business Risk

The relentless pace has transformed the sprint into a marathon. We help organisations reverse this trend, rebuilding resilience and implementing systems that prevent burnout before it takes hold.



## Cultivate Psychologically Safe Environments

With rising pressure and thinning trust, teams are often overwhelmed. We empower leaders with practical, evidence-based tools to foster high-performing teams where every member can truly thrive.



## Unlock Elite Performance

Many employees possess the knowledge but lack the energy. We bridge this gap by bringing fast, practical, and proven elite athlete principles into everyday work life, ensuring peak performance without exhaustion.

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# Transformative Programs Designed for Sustainable Excellence

Build a Bridge offers a comprehensive suite of services designed to optimise human performance and enhance team dynamics. Drawing from elite athletic training principles and proven corporate leadership experience, each programme delivers actionable strategies for immediate impact.



## Keynote Speeches

High-energy presentations that inspire audiences with practical strategies for sustainable peak performance, resilience, and team excellence. (20-90 mins)



## Team Workshops

Interactive sessions addressing team dysfunctions and building high-performance cultures through evidence based methodologies. (Half - Multiple days)



## Essentio Health & Performance Program

A hyper-personalised program developed for executives by executives. (90 days and beyond)

# Featured Programs: Keynotes & Workshops



## 8 Keys for Sustainable Performance

Learn simple, actionable daily practices that unlock true potential sustainably. Discover the drivers of strong mental, physical, and emotional health translated from elite athletics to corporate life.



## Performance Pyramid

A hands-on workshop treating delegates like elite athletes. Learn the tried-and-tested protocol to optimise mental and physical health with everyday actionable habits.



## Bounce Forward

Explore Post Traumatic Growth and learn life hacks to help you and your team not just bounce back, but bounce forward from challenging times stronger than before.



## Overcoming Team Dysfunction

Interactive workshop identifying and overcoming team dysfunctions that hold back high performance, built from experience with elite teams in sport and business.

Our clients include: HR Directors seeking to transform organisational culture, Event and Conference organisers looking for impactful speakers, C-Suite executives committed to sustainable performance, and Sales Leaders building resilient high-performing teams.

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# Essentio Health & Performance Program

The Essentio Health & Performance program is a **hyper-personalised program** developed by executives, for executives. It's designed to transform leadership capacity and drive sustainable business results by optimising energy and decision-making.



## Diagnostics

Leverage cutting-edge assessments including DEXA scans, DNA testing, Oura ring data, and psychometric assessments to gain profound insights into your unique physiology and cognitive patterns.



## Coaching

Receive dedicated one-to-one coaching tailored to your specific needs, translating diagnostic data into actionable strategies for immediate and lasting impact on your health and performance.



## Outcomes

Retake control of your health, unlock sustainable high performance, and amplify your leadership capacity. Drive superior decision-making and achieve unparalleled business results.

This program empowers you to not just survive, but truly thrive, ensuring peak performance without exhaustion.

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READY TO TRANSFORM?

# Let's Build Your Bridge to Excellence

Whether you're looking to energise your next conference with a powerful keynote, transform your leadership team's performance, or develop a comprehensive wellbeing strategy for your organisation, Build a Bridge offers **flexible packages to suit all budgets and organisational needs**. Every engagement is customised to address your unique challenges and goals, drawing from proven methodologies used with elite athletes and Fortune 500 companies.

01

## Connect

Reach out to discuss your goals and challenges

02

## Customise

We design a program tailored to your needs

03

## Transform

Experience measurable improvements in performance and wellbeing

04

## Sustain

Build lasting habits and high-performance culture

[Explore Pricing Options](#)

[Get in Touch](#)

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# Build a Bridge

Live Your Best Life Pty Ltd

[www.ollybridge.com](http://www.ollybridge.com)