



# Build a Bridge

Live your best life

Keynotes and Workshops

DISCOVER MORE:

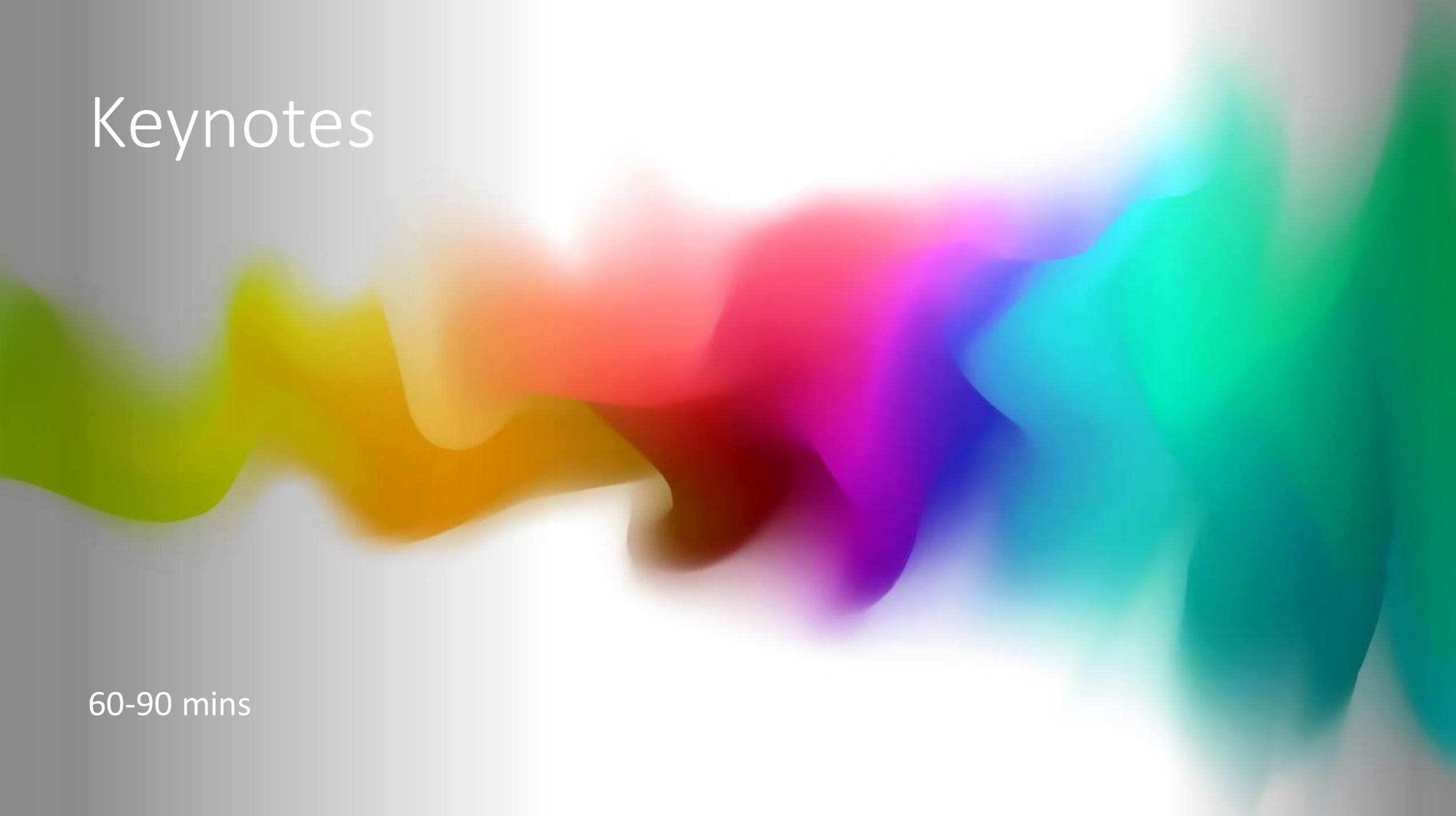
@<https://www.ollybridge.com/>

E: [olly@ollybridge.com](mailto:olly@ollybridge.com)

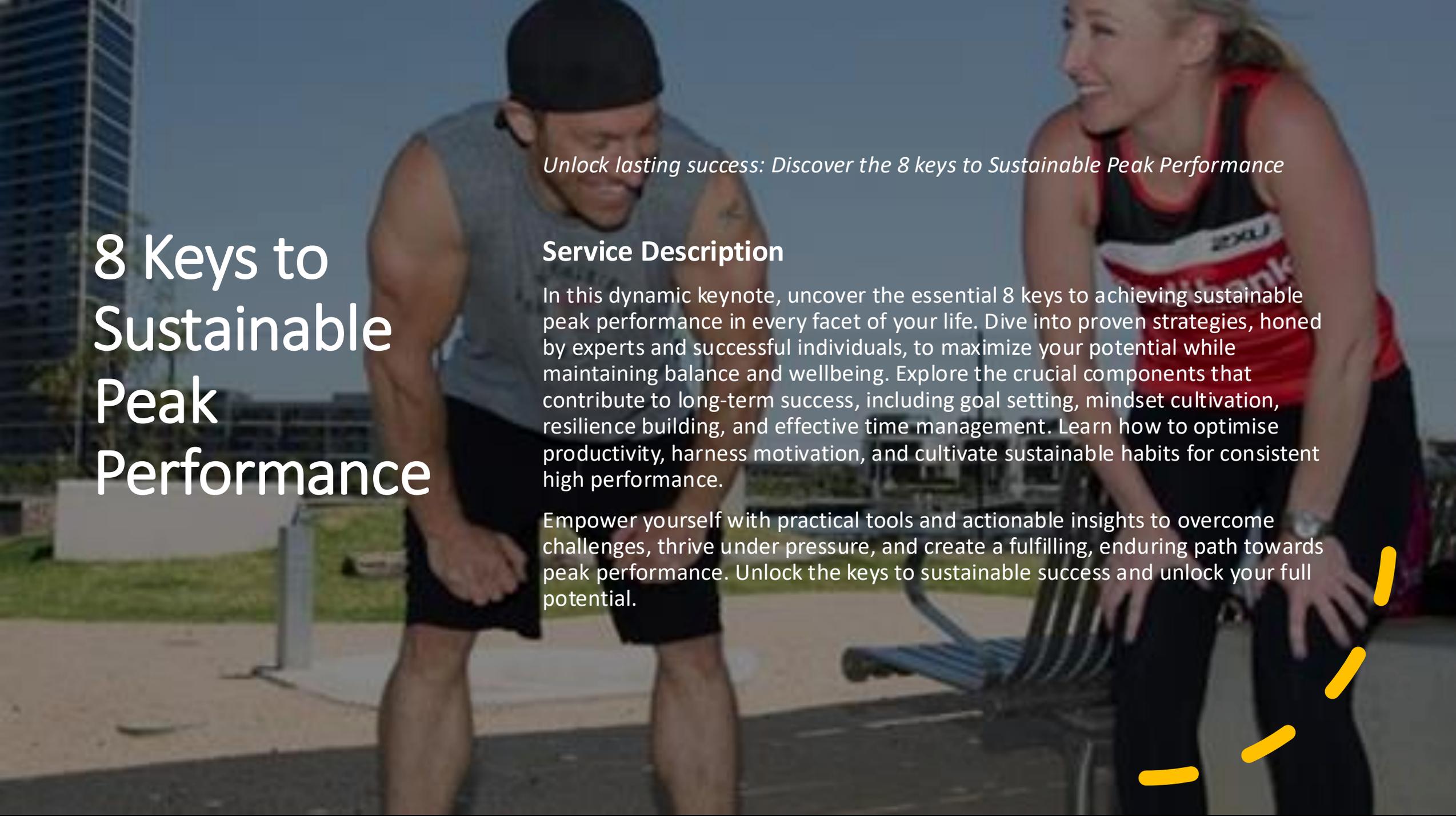
LI: <https://www.linkedin.com/in/ollybridge/>



# Keynotes



60-90 mins

A man and a woman in athletic wear are talking outdoors. The man is wearing a grey tank top and a black cap, and the woman is wearing a red and black tank top. They are both looking at each other and appear to be in a conversation. The background shows a cityscape with a tall building.

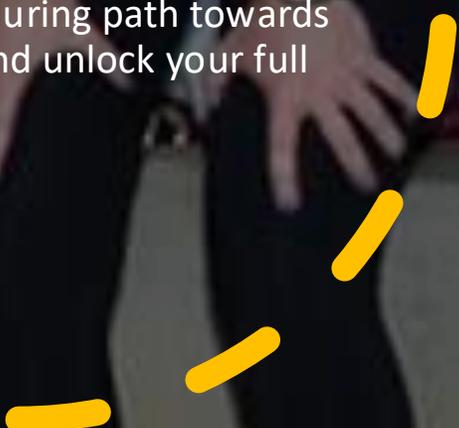
# 8 Keys to Sustainable Peak Performance

*Unlock lasting success: Discover the 8 keys to Sustainable Peak Performance*

## Service Description

In this dynamic keynote, uncover the essential 8 keys to achieving sustainable peak performance in every facet of your life. Dive into proven strategies, honed by experts and successful individuals, to maximize your potential while maintaining balance and wellbeing. Explore the crucial components that contribute to long-term success, including goal setting, mindset cultivation, resilience building, and effective time management. Learn how to optimise productivity, harness motivation, and cultivate sustainable habits for consistent high performance.

Empower yourself with practical tools and actionable insights to overcome challenges, thrive under pressure, and create a fulfilling, enduring path towards peak performance. Unlock the keys to sustainable success and unlock your full potential.

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# Exercise as Longevity Medicine

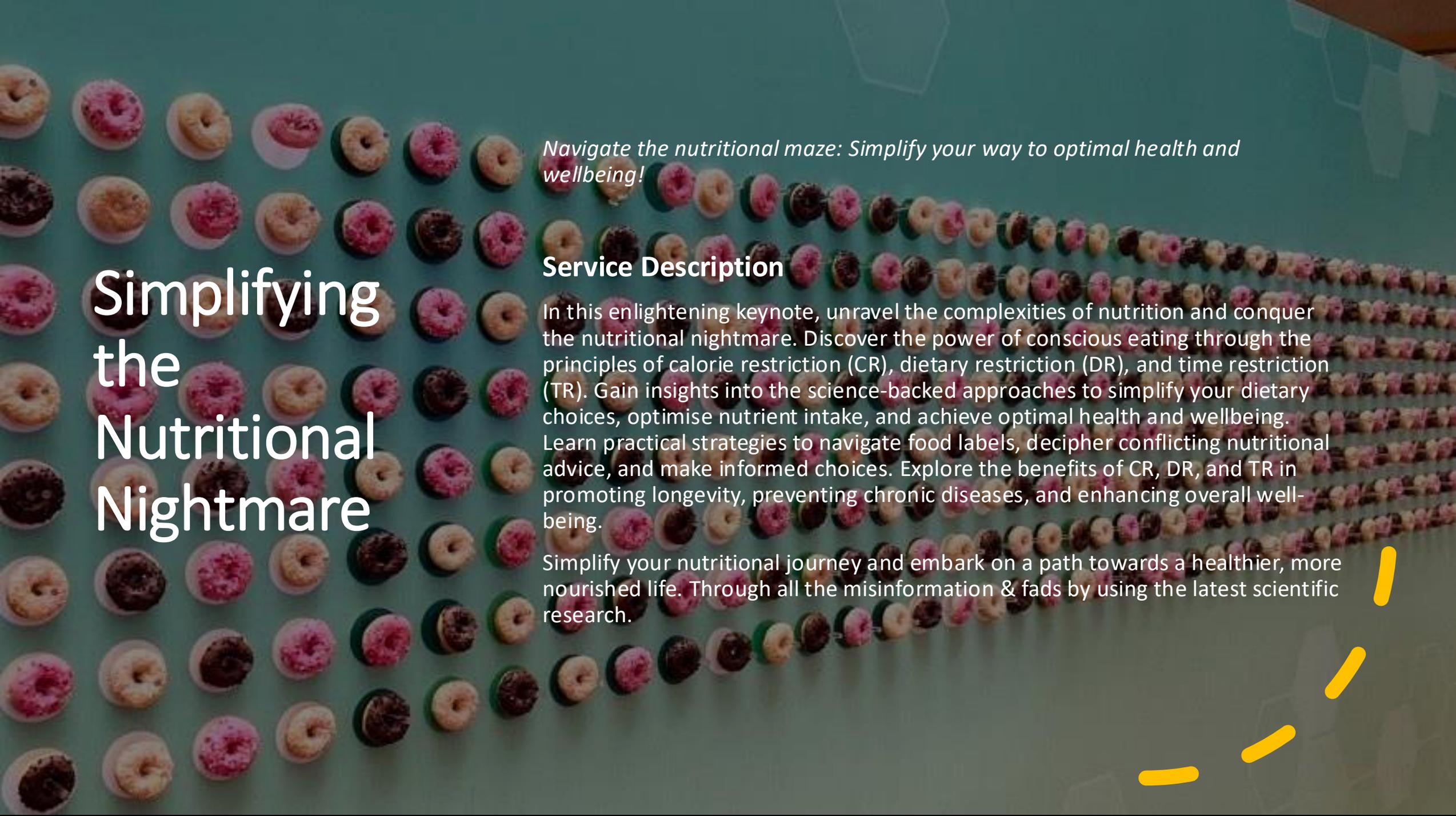
*Exercise is by far the most potent longevity drug, the data is unambiguous!*

## Service Description

In this enlightening keynote, delve into the concept of exercise as a potent form of longevity medicine. Explore the profound impact of physical activity on aging, disease prevention, and overall wellbeing. Discover the scientific evidence highlighting exercise as a key factor in extending lifespan, enhancing cellular health, and mitigating age-related decline. Gain insights into the specific types and intensity of exercise that offer the greatest longevity benefits. Uncover strategies for incorporating regular physical activity into your lifestyle, regardless of age or fitness level.

Empower yourself with the knowledge to unlock the secrets of longevity through the transformative power of exercise. Embrace a vibrant, active life that defies the passage of time.





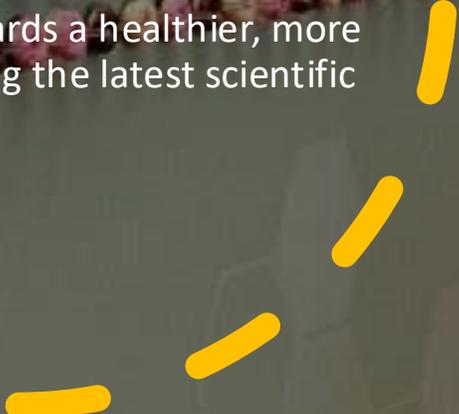
# Simplifying the Nutritional Nightmare

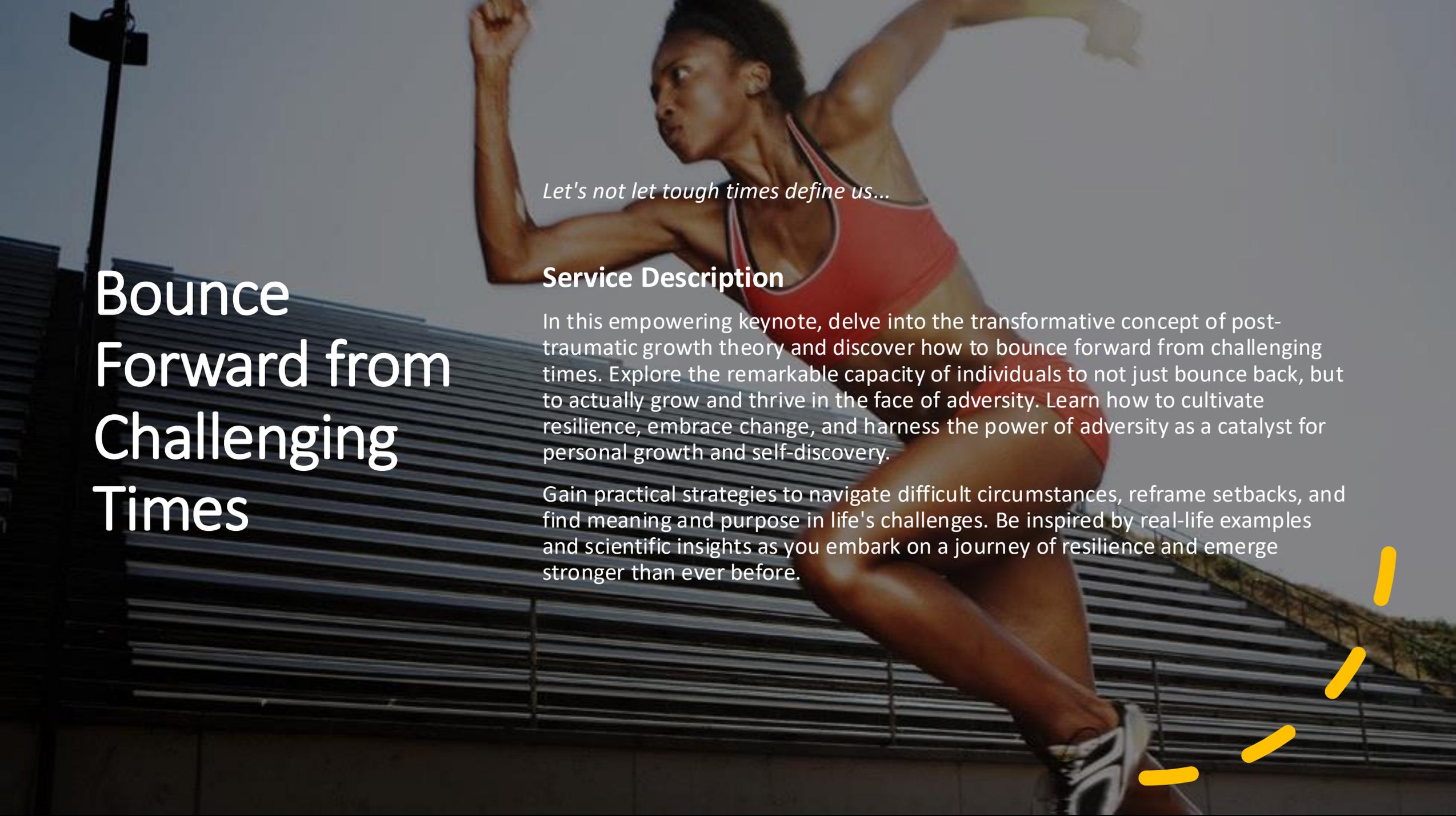
*Navigate the nutritional maze: Simplify your way to optimal health and wellbeing!*

## Service Description

In this enlightening keynote, unravel the complexities of nutrition and conquer the nutritional nightmare. Discover the power of conscious eating through the principles of calorie restriction (CR), dietary restriction (DR), and time restriction (TR). Gain insights into the science-backed approaches to simplify your dietary choices, optimise nutrient intake, and achieve optimal health and wellbeing. Learn practical strategies to navigate food labels, decipher conflicting nutritional advice, and make informed choices. Explore the benefits of CR, DR, and TR in promoting longevity, preventing chronic diseases, and enhancing overall wellbeing.

Simplify your nutritional journey and embark on a path towards a healthier, more nourished life. Through all the misinformation & fads by using the latest scientific research.





# Bounce Forward from Challenging Times

*Let's not let tough times define us...*

## Service Description

In this empowering keynote, delve into the transformative concept of post-traumatic growth theory and discover how to bounce forward from challenging times. Explore the remarkable capacity of individuals to not just bounce back, but to actually grow and thrive in the face of adversity. Learn how to cultivate resilience, embrace change, and harness the power of adversity as a catalyst for personal growth and self-discovery.

Gain practical strategies to navigate difficult circumstances, reframe setbacks, and find meaning and purpose in life's challenges. Be inspired by real-life examples and scientific insights as you embark on a journey of resilience and emerge stronger than ever before.



# Create a Culture of Health & Performance

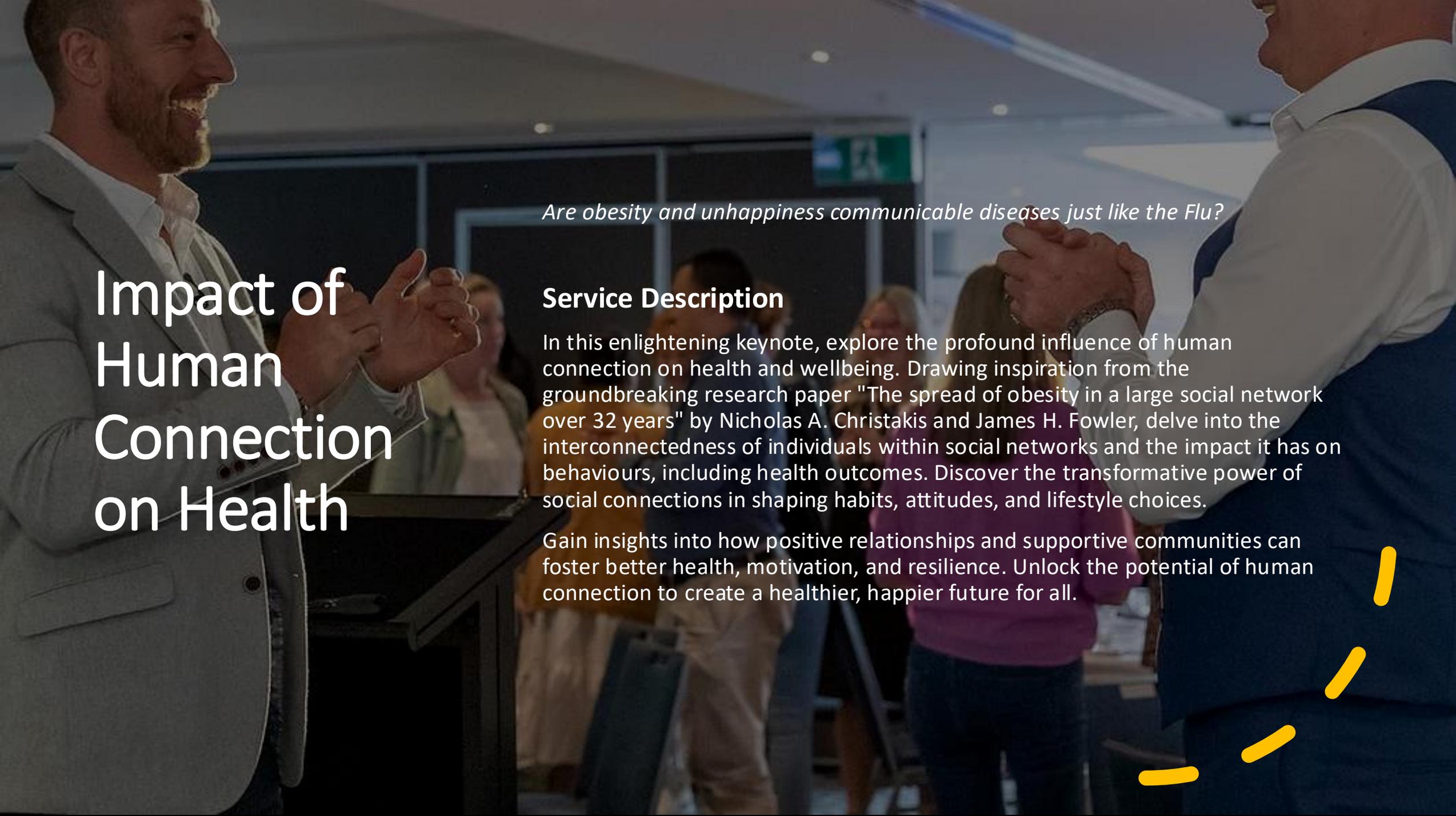
*Empower your team, elevate performance: Foster a culture of health and unleash extraordinary results*

## Service Description

In this compelling keynote, learn how to cultivate a culture of health and performance within your organization. Discover the transformative impact of promoting employee wellbeing, both physically and mentally, on productivity, engagement, and overall success. Explore strategies to integrate healthy practices, such as mindfulness, exercise, and work-life balance, into the fabric of your company's culture. Unleash the potential of your team by creating an environment that supports personal growth, resilience, and optimal performance.

Gain practical insights, real-life examples, and actionable steps to foster a culture where health and high performance thrive in harmony. Elevate your organisation and achieve extraordinary results through a culture of health and wellbeing.





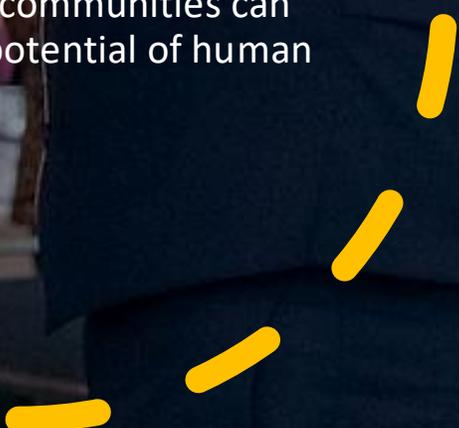
# Impact of Human Connection on Health

*Are obesity and unhappiness communicable diseases just like the Flu?*

## **Service Description**

In this enlightening keynote, explore the profound influence of human connection on health and wellbeing. Drawing inspiration from the groundbreaking research paper "The spread of obesity in a large social network over 32 years" by Nicholas A. Christakis and James H. Fowler, delve into the interconnectedness of individuals within social networks and the impact it has on behaviours, including health outcomes. Discover the transformative power of social connections in shaping habits, attitudes, and lifestyle choices.

Gain insights into how positive relationships and supportive communities can foster better health, motivation, and resilience. Unlock the potential of human connection to create a healthier, happier future for all.



# The Power of Purpose keynote

*Discover your purpose, ignite your potential: Unleash the power within!*

## Service Description

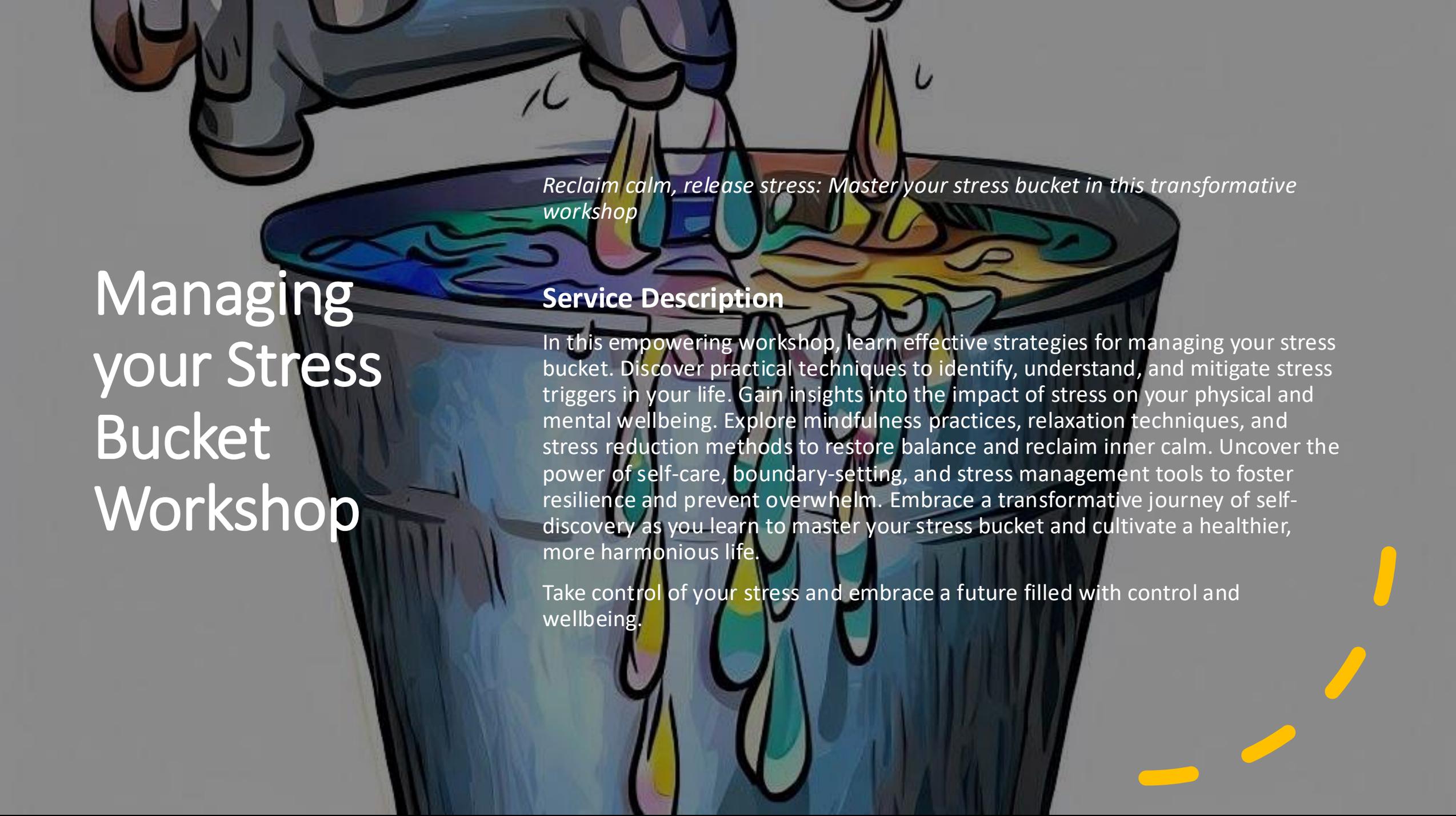
In this transformative keynote, tap into the limitless potential of purpose and its profound impact on personal and team success. Drawing inspiration from NASA's mission-driven culture and the legendary All Blacks rugby team, uncover the power of purpose in driving excellence and resilience. Learn how aligning individual and collective purpose fuels motivation, unlocks creativity, and fosters unwavering commitment. Explore practical strategies to identify and cultivate purpose, infusing it into everyday actions and decision-making. Discover how purpose-driven teams can overcome obstacles, adapt to change, and achieve extraordinary outcomes.

Embrace the transformative force of purpose and harness it to create a legacy of greatness in every aspect of your life.



# Workshops

60-90 minutes



# Managing your Stress Bucket Workshop

*Reclaim calm, release stress: Master your stress bucket in this transformative workshop*

## Service Description

In this empowering workshop, learn effective strategies for managing your stress bucket. Discover practical techniques to identify, understand, and mitigate stress triggers in your life. Gain insights into the impact of stress on your physical and mental wellbeing. Explore mindfulness practices, relaxation techniques, and stress reduction methods to restore balance and reclaim inner calm. Uncover the power of self-care, boundary-setting, and stress management tools to foster resilience and prevent overwhelm. Embrace a transformative journey of self-discovery as you learn to master your stress bucket and cultivate a healthier, more harmonious life.

Take control of your stress and embrace a future filled with control and wellbeing.



# Control your Breath, Control your Body

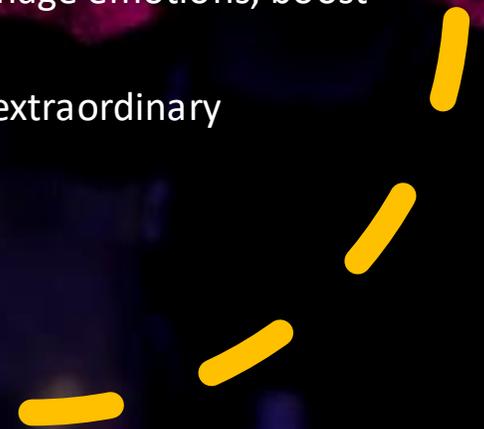
*Master your breath, unleash your potential: Control your body through the power of breathwork.*

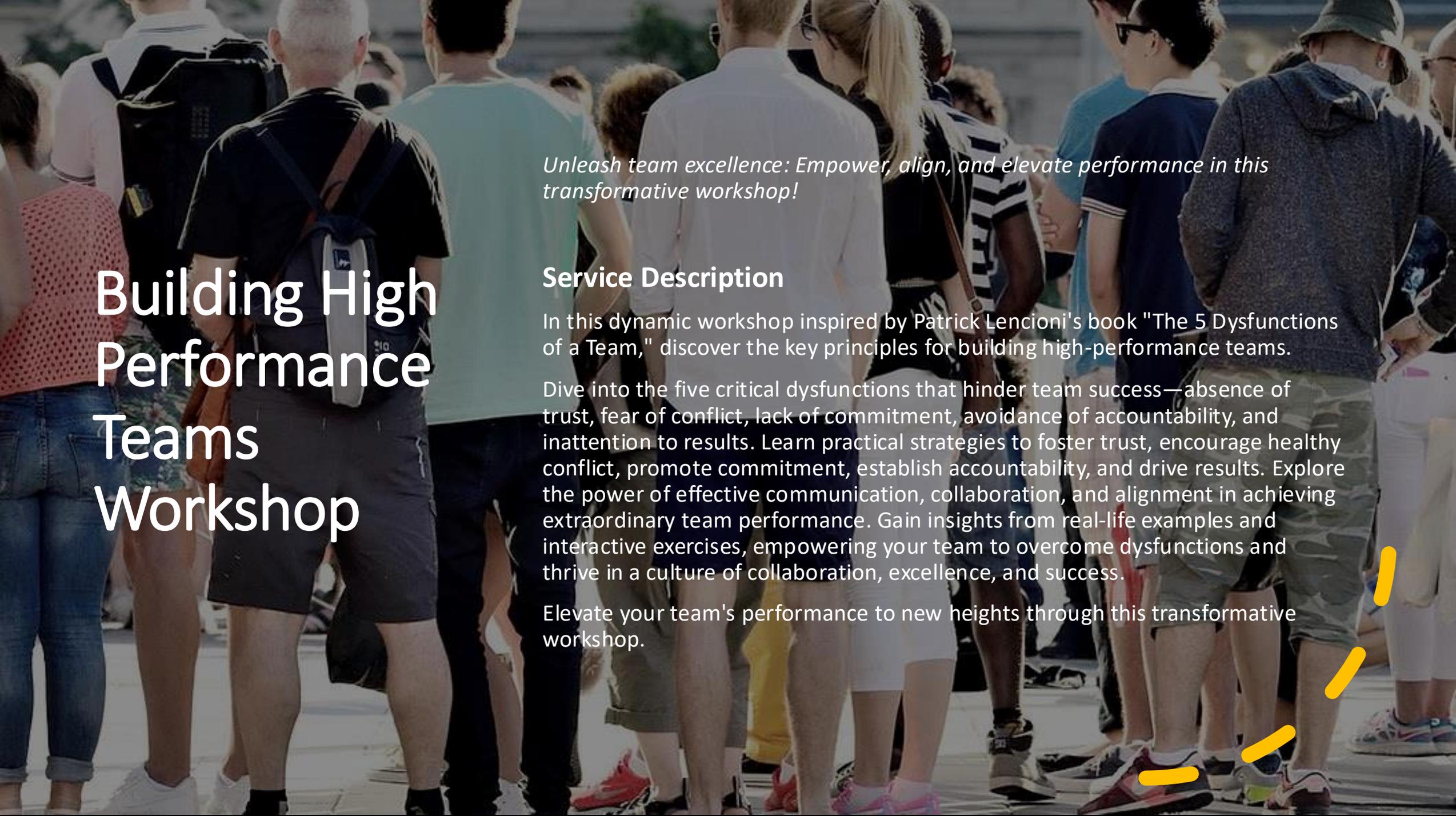
## Service Description

In this transformative workshop, explore the profound connection between breath and body control. Dive into the ancient technique of box breathing, mastering the art of balanced inhales, holds, and exhales for heightened focus and stress reduction. Discover the empowering benefits of double intake long exhale, optimising oxygenation and releasing tension from your system.

Delve into the transformative breathing method, unlocking your body's potential through controlled breathwork. Gain practical tools to harness the power of mindful respiration in daily life, empowering yourself to manage emotions, boost physical performance, and achieve mental clarity.

Take charge of your breath and take control of your body's extraordinary capabilities.



A crowd of people is seen from behind, looking towards a workshop. The people are dressed in casual attire, including t-shirts, shorts, and backpacks. The scene is outdoors, and the lighting is bright, suggesting a sunny day. The crowd is dense, and the focus is on the backs of the people in the foreground.

# Building High Performance Teams Workshop

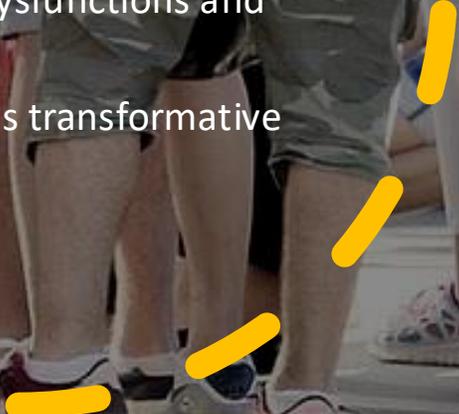
*Unleash team excellence: Empower, align, and elevate performance in this transformative workshop!*

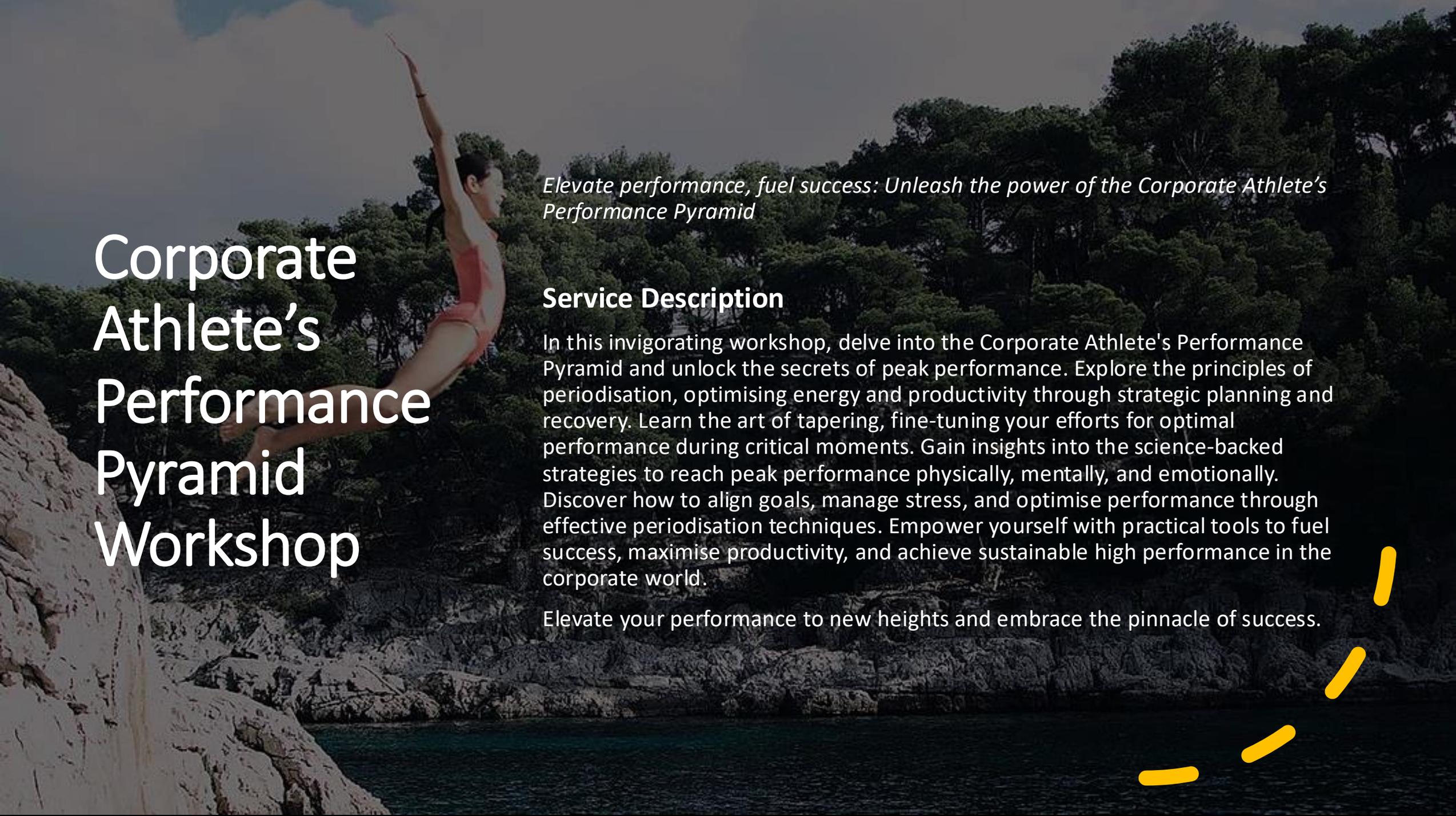
## Service Description

In this dynamic workshop inspired by Patrick Lencioni's book "The 5 Dysfunctions of a Team," discover the key principles for building high-performance teams.

Dive into the five critical dysfunctions that hinder team success—absence of trust, fear of conflict, lack of commitment, avoidance of accountability, and inattention to results. Learn practical strategies to foster trust, encourage healthy conflict, promote commitment, establish accountability, and drive results. Explore the power of effective communication, collaboration, and alignment in achieving extraordinary team performance. Gain insights from real-life examples and interactive exercises, empowering your team to overcome dysfunctions and thrive in a culture of collaboration, excellence, and success.

Elevate your team's performance to new heights through this transformative workshop.

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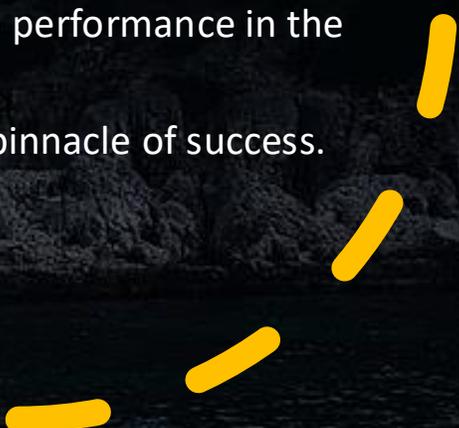
# Corporate Athlete's Performance Pyramid Workshop

*Elevate performance, fuel success: Unleash the power of the Corporate Athlete's Performance Pyramid*

## Service Description

In this invigorating workshop, delve into the Corporate Athlete's Performance Pyramid and unlock the secrets of peak performance. Explore the principles of periodisation, optimising energy and productivity through strategic planning and recovery. Learn the art of tapering, fine-tuning your efforts for optimal performance during critical moments. Gain insights into the science-backed strategies to reach peak performance physically, mentally, and emotionally. Discover how to align goals, manage stress, and optimise performance through effective periodisation techniques. Empower yourself with practical tools to fuel success, maximise productivity, and achieve sustainable high performance in the corporate world.

Elevate your performance to new heights and embrace the pinnacle of success.



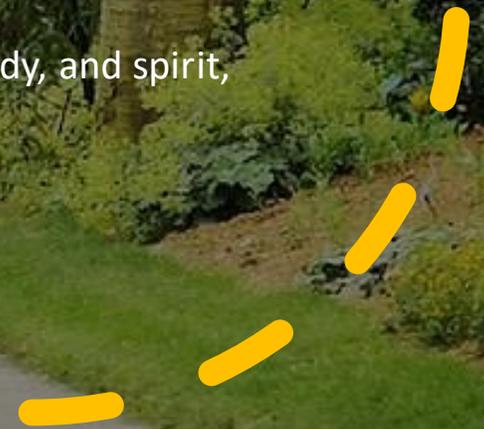
# Recovery for the Corporate Athlete

*Revitalise, recharge, excel: Unlock the power of recovery for the Corporate Athlete!*

## Service Description

In this rejuvenating workshop, discover the transformative potential of recovery for the Corporate Athlete. Explore the essential role of rest, rejuvenation, and self-care in optimising performance and wellbeing. Learn evidence-based strategies to effectively manage stress, prevent burnout, and promote work-life balance. Dive into the power of mindful practices, relaxation techniques, and healthy habits to recharge your energy reserves and enhance productivity. Gain practical insights into the science of recovery, incorporating restorative practices into your daily routine for sustained peak performance.

Empower yourself with the tools to revitalise your mind, body, and spirit, unlocking your full potential as a Corporate Athlete.



# Cold Water Therapy Workshop

*Embrace the chill, unlock your resilience: Dive into the Cold Water Therapy Workshop*

## **Service Description**

In this invigorating workshop, immerse yourself in the transformative realm of Cold-Water Therapy. Explore the physical and mental benefits of exposing your body to cold water. Discover the remarkable impact on circulation, stress reduction, and mental resilience. Learn proper techniques, safety precautions, and progressive cold exposure protocols. Dive into the science behind cold water therapies. Gain practical insights and hands-on experience to harness the power of cold water for enhanced wellbeing, increased energy, and improved focus.

Embrace the chill, ignite your inner strength, and unlock the extraordinary potential within you through the Cold-Water Therapy Workshop.

