

OLLY

BRIDGE

Leadership, Health and
Sustainable High
Performance



Build a Bridge

Live Your Best Life Pty Ltd

Olly Bridge is a
globally recognised
leader in wellbeing,
performance, and
behavioural
change.



www.ollybridge.com

A portrait of a man with short brown hair and a beard, smiling. He is wearing a light blue button-down shirt under a tan blazer. The background is a soft, out-of-focus green and blue gradient.

AT YOUR BEST EVERY DAY

A dynamic storyteller with deep expertise in behaviour change, health science, and leadership psychology, Olly helps audiences understand the small, simple changes that create extraordinary long-term results. His sessions are energetic, practical, and anchored in sustainable high performance.

Olly has inspired tens of thousands of people across conferences, boardrooms, mine sites, leadership retreats, and global organisations – blending evidence, humour, and heart into every session.

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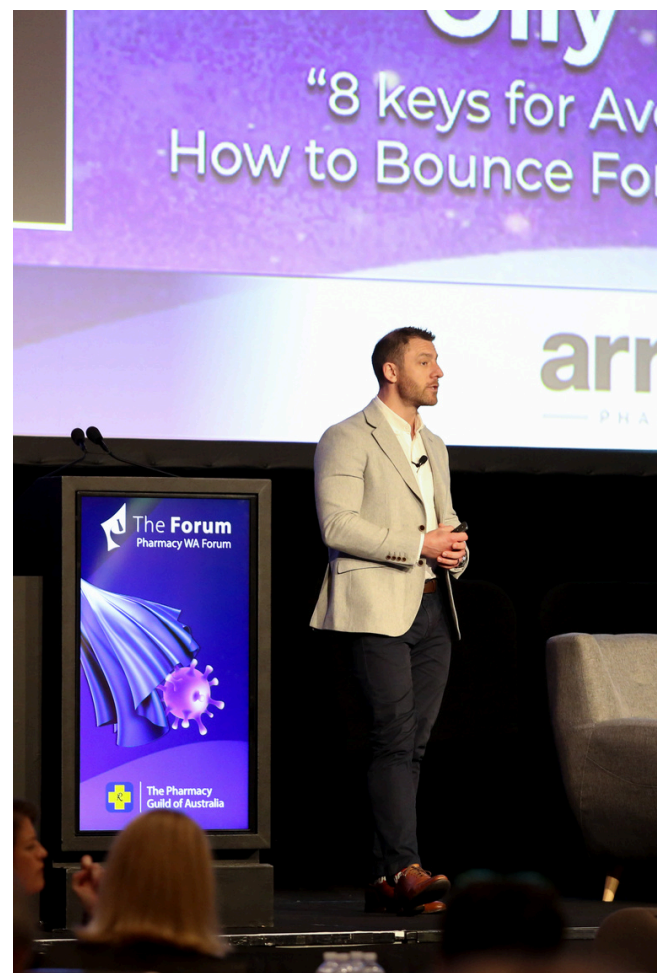
Olly Bridge has spent more than two decades at the cutting edge of human performance. Beginning his career working with elite athletes in Formula One and Olympic Gymnastics, he learned firsthand what it takes to unlock sustained energy, resilience, and excellence.



His leadership experience gives him a rare dual lens: the precision of elite sport and the practical realities of modern organisations. As the founder of Build a Bridge and Co-Principal of Essentio Health, Olly has dedicated his career to helping people bridge the gap between intention and action...transforming daily habits, improving wellbeing, and enabling people and organisations to perform at their best... sustainably.



He carried these insights into the corporate arena, leading high-performing teams at BMW, Medibank, and multiple high-growth start-ups, eventually becoming COO of a joint-listed ASX/NASDAQ health-tech company.



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CAREER & ACHIEVEMENTS



- COO of a joint ASX/NASDAQ listed health-tech company
- Successfully scaled and exited multiple start-ups
- 30 years coaching individuals and teams globally



- Founder, Build a Bridge – Live Your Best Life
- Co-Owner and Co-Principal, Essentio Health
- Executive Director, Health and Wellbeing Association of Australia
- Former Sports Scientist in Formula One and Olympic Gymnastics
- Senior leadership roles at BMW and Medibank

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SUSTAINABLE HIGH PERFORMANCE

People are exhausted. The sprint has become a marathon, and burnout is now a business risk.

Olly helps organisations restore energy, rebuild resilience, and create systems that stop burnout before it starts.

Teams are overwhelmed, trust is thinning, and pressure is rising.

Olly gives leaders practical, science-backed tools to build psychologically safe, high-performing teams where people can actually thrive.

Most employees know what to do... but they're too tired to do it.

Olly cuts through the noise with simple, human, energising habits that people want to act on.

Companies want peak performance without burning out their people.

Olly brings elite athlete principles into everyday work life... fast, practical, and proven.

www.ollybridge.com

Trusted by:

**JOHN
HOLLAND**

amazon

RioTinto

AON



Asahi
GROUP

EY

medibank
For Better Health



GAMUDA

mFA
media federation of australia

lighter
CAPITAL



**William
Angliss**
Institute

BDO

nib

LOCKHEED MARTIN

CommonwealthBank

TESTIMONIALS

Asahi Group – Rocky Armstrong, Global Head of Safety and Wellbeing



"Thanks Olly for the incredible passion, energy and professionalism with which you delivered key wellbeing messages to our global Asahi community. Olly provided clear practical guidance to our global community that was relevant for all and potentially life changing for some."

Rio Tinto – Dean Gorey, Senior Benefits Advisor



"Olly's enthusiasm and passion is infectious. He has worked with our employees and I have watched him literally change people's lives. His content is practical, engaging and full of energy. I couldn't ask for anything more."

CBA – Diana Loulach, EA to the GM of Small Business Banking



"Olly's enthusiasm for the topics presented was infectious. The passion he brought made a noticeable impact as the audience was captivated and they were chatting later about the everyday experiences he talked about! Olly's style is engaging, interactive and fun. What an absolute blast we all had in his session."

Media Federation of Australia – Sophie Madden, CEO



"Olly delivered an incredibly inspiring and high-energy keynote that captivated our 1,400-strong audience. The content was powerful and practical. Olly was a pleasure to work with – genuine and approachable."

Bupa – Andrew Wilkinson, Director – Domestic Portfolio



"Olly blends peer-reviewed health research with real-world workplace application. His approach is practical and effective, making healthier choices easier without unnecessary complexity. Olly's ongoing support continues to help us live longer, happier, healthier lives at Bupa."

Xero – Rob Goodwin, Executive GM



"Olly is business savvy and outcome-focused, is deeply passionate about helping others, has extensive knowledge about corporate health and, above all else, is one of the most engaging, warm and genuine people you will ever work with. Everything about Olly is a true reflection of his life's passion – helping others to be healthier."

DT Infrastructure – Adam Leary, GM – People, Capability & Communications



"Olly's high energy and evidence-based approaches to wellbeing in the modern workplace have genuinely transformed lives. His dedication, authenticity, and deep commitment to his craft are truly inspiring. I can't recommend him highly enough."

TESTIMONIALS

John Holland Group – Nikki Hayes, Early Career Lead



"Olly's workshop was a standout session. Many participants rated it as the highlight of the entire 3-day event. Olly has an incredible ability to connect with his audience, making complex concepts accessible and meaningful. It was not only inspiring but equipped our graduates with skills they'll carry into their future careers... making them better leaders."

Aon – Damian Kelly, Client Director



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

Lighter Capital – Melissa Widner, CEO



"Olly's emphasis on prioritising personal health as a cornerstone of effective leadership resonated deeply with all of us. His practical advice and real-world examples equipped us with the tools to cultivate a healthier, more productive, and fulfilling leadership journey."

BDO – Early Careers Team



"Olly travelled across Australia delivering engaging workshops to our graduate cohorts. The feedback was very positive, with participants praising his approachable style. Olly has a unique ability to connect with a diverse audience and create an interactive, inclusive environment. His energy, professionalism, and practical insights left our graduates inspired and equipped with valuable tools for their career journey. Thank you, Olly, we look forward to collaborating with you again."

William Angliss Institute – Chris Harris, Former Director of Education



"Olly's presentation was engaging, evidence-based, and spoke to every individual in the room of 200. He gives pragmatic, applicable advice and is always articulate, compelling and humorous when appropriate. We love his work."

Queensland Government – Hindun Hamilton, Principal Program Officer



"Olly's presentation 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."

KEYNOTES AND WORKSHOPS

8 Keys to Sustainable Peak Performance – Healthy High Performance for the Real World

Too many high performers run themselves into the ground. This keynote reveals the simple, science-based actions Olly uses with elite athletes and corporate leaders to build energy, reduce overwhelm, and sustain performance.

Why book this talk:

Leaders and teams are burning out at record rates. This session gives people the tools to stay energised, present, and productive... without sacrificing their wellbeing.

Audiences learn to:

- Understand the biology of burnout and energy management
- Use the 8 Keys to create sustainable physical, mental, and emotional performance
- Build daily, actionable micro-habits that protect long-term wellbeing
- Shift from survival mode to high-performance living



KEYNOTES AND WORKSHOPS

Bounce Forward – Building Strength Through Challenge

This keynote reframes adversity as a catalyst for growth. Using research on Post-Traumatic Growth, Olly shows audiences how to develop resilience, rewire thought patterns, and bounce forward...stronger than before.

Why book this talk:

Disruption and uncertainty have become normal. This session equips teams with practical strategies to adapt, recover, and re-energise.

Key takeaways:

- The foundations of resilience and emotional regulation
- Simple tools to reduce stress reactivity
- How to create meaning and momentum during hard seasons
- A practical blueprint for personal renewal and growth



KEYNOTES AND WORKSHOPS

The Corporate Athlete Energy Audit

Build your energy, strength, and wellbeing like an elite performer.

Why book this talk:

A high-energy, practical workshop treating each participant like a corporate athlete. Attendees learn how to optimise their physical, mental, and emotional health through simple, evidence-based levers.

Participants will:

- Discover their personalised performance profile
- Build healthy routines for sleep, nutrition, movement, and mindset
- Gain tools to become the driver of their own energy... not the passenger



KEYNOTES AND WORKSHOPS

Five Dysfunctions of a Team — and How to Fix Them

A practical team development workshop grounded in Olly's experience leading and coaching high-performing teams in sport and business.

Participants will:

- Diagnose the team's current strengths and gaps
- Understand the psychology of trust, conflict, commitment, and accountability
- Learn tools to elevate relationships, communication, and collaboration
- Leave with a blueprint for high-performance teamwork



PRICING & BOOKING

Various pricing to fit all clients needs.

Based in Melbourne, Australia.

Travel: Economy/Business class
(where applicable), ground
transfers, and accommodation.

Enquiries:

✉ Olly@ollybridge.com

🌐 www.ollybridge.com

🔗 [linkedin.com/in/ollybridge](https://www.linkedin.com/in/ollybridge)



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your event*

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