



Build a Bridge - Keynotes and Workshops

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

Keynotes | Workshops | Leadership Training

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.

What follows is a list on Keynotes, Workshops and Leadership training session.

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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!**"

Discover More

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Keynote Presentations

Inspiring change and driving performance through powerful, evidence-based talks.



8 Keys to Sustainable Peak Performance Keynote

What elite performers do differently to get to and stay at the top. This flagship keynote takes audiences inside high performance systems and reveals the 8 foundational principles that allow individuals and teams to perform at a high level... without burning out.

This is not about doing more. It's about doing what actually matters.

What it feels like in the room:

- Relatable stories from elite sport and leadership
- Moments of honest self-reflection
- A powerful shift away from hustle-driven performance

Key Takeaways:



Energy over Motivation

Understand why sustained performance hinges on managing your energy, not just your drive.



The Cost of "In the Red"

Identify the hidden drains of constantly operating at maximum capacity and how to avoid them.



Intensity & Recovery

Learn how top performers balance periods of high output with essential recovery to prevent burnout.



Compounding Behaviours

Discover simple, daily habits that build long-term excellence and resilience over time.



Framework for Excellence

Gain a clear, actionable framework for achieving and maintaining sustainable elite performance.

Exercise as Longevity Medicine Keynote

Why movement is the most powerful performance tool we have. This keynote reframes exercise away from aesthetics, guilt and extremes and positions it as one of the most powerful tools for longevity, cognitive performance and mental health.

Exercise is not optional for performance. It is foundational.

What it feels like in the room:

- Relief from "all or nothing" thinking
- Confidence that small actions matter
- A renewed relationship with movement

Key Takeaways:

Why exercise protects the brain, heart and metabolism

Which types of movement deliver the biggest return

How to train for longevity, not exhaustion

How to stay active in demanding schedules

A sustainable, realistic movement blueprint





Clarity

Guidance

Healthy Choices

Simplifying the Nutritional Nightmare Keynote

Clarity in a world of conflicting advice

This keynote cuts through nutrition confusion, fads and fear and replaces it with calm, clarity and confidence.

- No dogma.
- No extremes.
- Just what actually works.

What it feels like in the room:

- Mental relief from overwhelm
- Clear, practical explanations
- Empowerment instead of restriction

Key Takeaways:

How to spot misinformation and trends

What truly matters nutritionally

The role of timing, quantity and quality

How to eat for energy and focus

Simple rules that work anywhere

Bounce Forward from Challenging Times

Keynote

Turning adversity into growth. Grounded in post-traumatic growth theory, this keynote shows how individuals and teams can grow stronger through challenge... not despite it.

Hard times don't have to define us. They can shape us.

What it feels like in the room:

Deep relatability and emotional honesty

Permission without pity

Hope grounded in realism

Key Takeaways:

1

Why resilience isn't about "toughing it out"

2

How adversity reshapes perspective and priorities

3

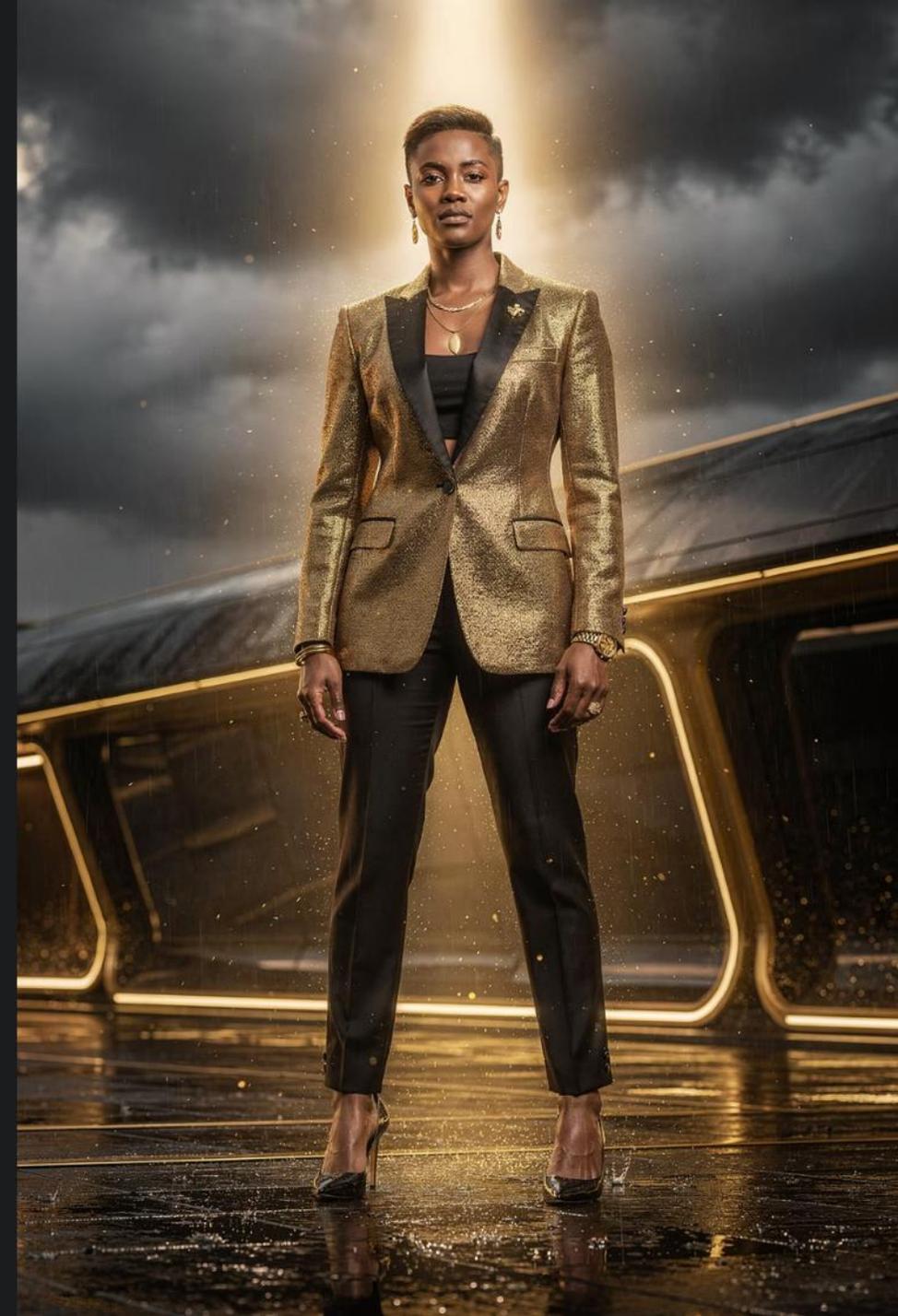
Tools to reframe setbacks productively

4

How meaning emerges from challenge

5

How to support others through difficulty





Creating a Culture of Health & Performance Keynote

Why leadership behaviours matter more than perks.

This keynote helps leaders understand how everyday behaviours shape energy, engagement and performance across teams.

Culture is created daily. Not in policies.

What it feels like in the room:

- Honest leadership reflection
- Clear accountability without blame
- Practical, actionable insight

Key Takeaways:

- **Wellbeing as a leadership responsibility**
Explore why employee wellbeing is not just HR's role, but a fundamental aspect of effective leadership.
- **Unintentional drivers of burnout**
Identify common leadership habits that inadvertently contribute to team stress and exhaustion.
- **Behaviours that truly shape culture**
Discover the specific actions and interactions that build a resilient and high-performing culture.
- **Consistency beats initiatives**
Understand why sustained daily practices are more impactful than sporadic grand gestures.
- **Health and performance reinforce each other**
Learn how prioritising holistic health ultimately leads to superior and sustainable team performance.

The Impact of Human Connection on Health

keynote

Why behaviours spread through teams.

This keynote explores how habits, emotions and wellbeing ripple through social networks at work.

Whether we like it or not...We influence each other.

What it feels like in the room:



Fascination & Curiosity



Heightened Responsibility



Awareness of Personal Influence

Key Takeaways:

01

How behaviours propagate

Understand the unseen currents that drive team dynamics and health.

03

The health impact of connection

Explore how social bonds directly influence individual and team health.

05

Culture spreads faster than policy

Recognise the organic nature of culture versus formal directives.

02

Leaders set the emotional tone

Discover the profound impact of leadership on collective wellbeing.

04

Shape healthier networks

Learn actionable strategies to foster positive social environments.





The Power of Purpose Keynote

Why meaning fuels resilience and performance.

This keynote explores how meaning drives motivation, resilience and sustained performance.

Purpose is not soft. It is a performance multiplier.

What it feels like in the room:



Key Takeaways:

01

How purpose fuels motivation

Discover the intrinsic link between a clear purpose and sustained drive.

03

Lessons from elite teams and systems

Explore real-world examples of how purpose elevates collective performance.

05

Turning values into daily actions

Translate abstract principles into tangible, impactful behaviours every day.

02

Why meaning protects resilience

Understand how a strong 'why' acts as a buffer against adversity and burnout.

04

Aligning individual and collective purpose

Learn strategies to harmonise personal and organisational goals for greater impact.

Women's Health, Energy & Performance Keynote

Designing performance systems that work for women.

Women are not small men... yet many performance models still treat them that way. This keynote brings clarity, validation and evidence-based insight to female performance across life stages.

Understanding female physiology isn't a niche; it's the foundation of true performance.

What it feels like in the room:

- Relief and Recognition
- Increased Empathy and Understanding

- Practical Confidence

Key Takeaways:

- How hormones affect energy, mood and cognition
- Why traditional performance models fail women
- Supporting performance through life stages
- Reducing stigma through understanding
- Building inclusive, high-performing environments





Energy Is the New KPI Keynote

Why capacity, not time, determines output.

Time management is no longer the problem; energy management is. This keynote reframes productivity through the lens of physical, cognitive, and emotional capacity, revealing how protecting and optimising these resources is key to sustained high performance.

Time management is no longer the goal. Energy management is.

What it feels like in the room:

A modern productivity reset

Permission to protect capacity

Immediate practical clarity

Key Takeaways:

Why time management isn't enough



The cost of chronic depletion

How energy drives decision quality



Daily habits that protect capacity

A new way to define performance

Leading When You're Running on Empty

Keynote

Why self-leadership comes before people leadership.

Leadership effectiveness is constrained by personal wellbeing. This keynote explores how a leader's internal state shapes trust, culture and performance.

You can't pour from an empty cup. Lead yourself first.

What it feels like in the room:



Honest self-reflection



Psychological safety



Permission to lead differently

Key Takeaways:

How stress narrows empathy and judgement

Why presence matters more than words

Self-regulation as a leadership skill

The ripple effect of depleted leaders

Protecting leadership effectiveness long-term





The Physiology of Decision-Making Keynote

Why tired brains make bad choices.

Stress, fatigue and poor recovery directly impair judgement, risk tolerance and thinking. This keynote connects physiology to leadership decisions.

The brain under stress makes different decisions. Understand its limits to lead effectively.

What it feels like in the room:

“That explains a lot” moments

Reduced self-criticism

Increased awareness

Key Takeaways:

- How fatigue affects judgement
- Why stress drives short-term thinking
- Protecting decision quality
- Creating decision-friendly environments
- Leading with cognitive clarity



Sustainable High Performance in a Volatile World

Keynote

Thriving amid uncertainty.

Uncertainty is no longer the exception; it's the operating environment. This keynote shows how elite systems design adaptability into performance.

Uncertainty isn't a phase; it's the new playing field.

What it feels like in the room:

Calm amid uncertainty

A sense of stability despite external chaos.

Reassurance and grounding

A firm foundation for strategic action.

Strategic clarity

Clear direction in complex situations.

Key Takeaways:



Why rigid systems fail under pressure

Understand the pitfalls of inflexible approaches in dynamic conditions.



Designing resilience deliberately

Learn how to embed adaptive capabilities into your team and processes.



Adaptive leadership behaviours

Develop leadership skills that foster flexibility and innovation.



Protecting performance during change

Strategies to maintain effectiveness when the environment shifts.



Thriving in volatility

Transform challenges into opportunities for growth and sustained success.

The Long Game Keynote

Performing well for decades, not just quarters.

Short-term wins often undermine long-term capacity. This keynote introduces longevity thinking to leadership and performance.

True impact isn't made in moments, but in sustainable movements.

What it feels like in the room:

Permission to slow the pace

Strategic clarity

Alignment between health and success

Key Takeaways:



The cost of short-term thinking



How elite performers extend careers



Compounding behaviours over time



Redefining success



Playing the long game





Workshops

Dive deeper into practical strategies with our immersive workshops, designed to foster skill development and immediate application. These sessions go beyond theory, providing actionable tools and techniques for sustainable high performance.

Managing Your Stress Bucket Workshop

Understanding load, limits and recovery.

This practical workshop helps participants visualise stress, identify overload and build buffers.

It's not about eliminating stress, but about effectively managing its flow and ensuring your bucket never overflows.

What it feels like in the room:

Immediate relatability

Participants connect personal experiences to universal stress patterns.

Practical clarity

Complex stress concepts are broken down into actionable, understandable insights.

A sense of regained control

Empowerment through concrete strategies to manage and mitigate stress.

Key Takeaways:



Visualising personal stress load



Identifying hidden stressors



Building recovery buffers



Practical regulation tools



Reduced overwhelm





Control Your Breath, Control Your Body Workshop

Immediate tools for calm and focus.

This experiential workshop teaches evidence-based breathing tools that work in real life, providing immediate strategies to enhance physiological and psychological regulation. Learn to harness the power of your breath to navigate stress, improve decision-making, and sustain performance.

Master your breath, master your state. It's the fastest path to calm and clarity in a demanding world.

What it feels like in the room:

Immediate state change

Calm and focus

Increased confidence

Key Takeaways:



Practical breathing techniques

Learn simple, effective techniques you can use anywhere, anytime.



Emotional control under pressure

Develop resilience to maintain composure in high-stakes situations.



Tools usable anywhere

Integrate breathwork into daily routines, both personal and professional.



Nervous system regulation

Understand how breath impacts your body's stress response.



Improved focus

Enhance concentration and mental clarity for better output.

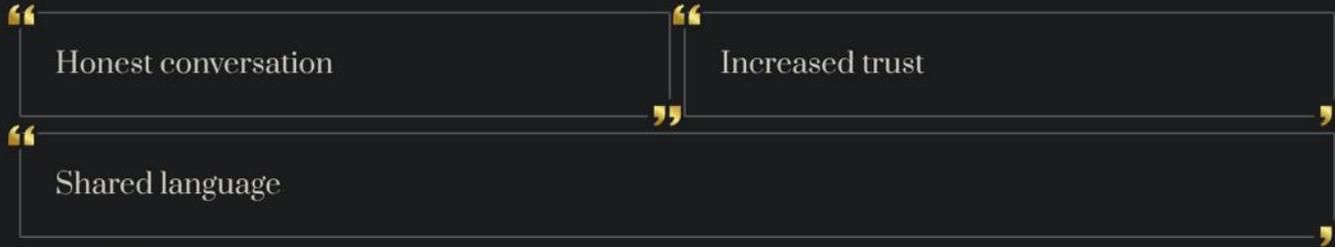
Building High-Performance Teams Workshop

Trust, accountability and results.

This workshop helps teams diagnose dysfunction and rebuild trust and accountability, fostering environments where every member can thrive and contribute to collective success.

Great teams are not born, they are built, one brick of trust and accountability at a time.

What it feels like in the room:



Key Takeaways:

- **Diagnosing team dysfunction**
Identify common pitfalls that hinder team effectiveness and collaboration.
- **Building trust intentionally**
Strategies to cultivate psychological safety and mutual reliance.
- **Healthy conflict**
Transform disagreements into productive dialogue and innovation.
- **Clear accountability**
Establish clear roles and responsibilities to drive ownership and results.
- **Stronger team performance**
Develop a cohesive unit capable of sustained excellence.



Corporate Athlete Performance Pyramid Workshop

Periodisation for people, not just sport.

Elite training principles are no longer just for athletes. This keynote applies the strategic scheduling of training and recovery (periodisation) to corporate life, optimising energy and output over the long term.

Sustained high performance isn't about constant intensity; it's about intelligent design and strategic recovery.

What it feels like in the room:



“Why hasn't work been designed like this?” moments



Relief from constant pressure



Strategic clarity

Key Takeaways:

- When to push vs recover
- Understanding energy cycles
- Sustainable output
- Reduced burnout risk
- Better long-term performance





Recovery for the Corporate Athlete Workshop

Why recovery is a performance strategy.

Recovery is not weakness. It is leverage.

What it feels like in the room:

Permission to recover

A liberating feeling of acceptance for essential rest.

Reduced guilt

Alleviating the burden of constant pressure and self-reproach.

Renewed energy

Experiencing a fresh surge of vitality and mental clarity.

Key Takeaways:



Recovery as a strategic tool

Understand how planned recovery enhances long-term productivity and innovation.



Boundary setting

Learn to establish clear limits between work and rest for optimal balance.



Energy renewal

Discover techniques for consistently recharging physical and mental reserves.



Burnout prevention

Implement proactive strategies to safeguard against professional exhaustion.



Sustained performance

Achieve consistent high output by integrating recovery into your daily rhythm.



Cold Water Therapy Workshop

Building resilience through controlled stress.

This workshop introduces cold exposure as a tool for stress tolerance and resilience, demonstrating how intentional discomfort can unlock profound physiological and psychological benefits.

The cold isn't the enemy; it's the teacher that reveals your innate capacity for resilience.

What it feels like in the room:



Discomfort followed by confidence



Empowerment



Mental toughness

Key Takeaways:



Stress tolerance skills

Develop practical strategies to manage and overcome stress in various situations.



Mindset control

Learn to reframe challenges and cultivate a resilient mental state.



Physiological resilience

Understand how controlled cold exposure strengthens your body's stress response.



Safe protocols

Master safe and effective techniques for integrating cold therapy into your routine.



Increased confidence

Boost self-belief by successfully navigating challenging, controlled environments.

The Energy Audit Workshop Workshop

Understanding where your capacity is really going.

This immersive workshop guides participants through a detailed audit of their personal and professional energy expenditure. They will learn to identify where energy is spent, lost, and how to protect vital resources, leading to a clearer understanding of their true capacity.

Energy is your most valuable resource; learn to track it, protect it, and invest it wisely.

What it feels like in the room:

Eye-opening insight

Practical ownership

Immediate clarity

Key Takeaways:

- **Energy mapping**
Visualise and understand current energy flows and consumption patterns.
- **Identifying drains**
Pinpoint activities, habits, and environments that deplete energy.
- **Redesigning routines**
Implement strategic adjustments to optimise energy conservation and renewal.
- **Immediate improvements**
Discover quick wins and actionable steps for instant energy boosts.
- **Sustainable capacity**
Develop long-term strategies to maintain high energy levels and performance.



High Performance Without Burnout Workshop

Redefining success without self-sacrifice.

This workshop challenges the belief that burnout is the price of ambition.

True high performance is not about how much you can endure, but how wisely you manage your energy to thrive consistently.

What it feels like in the room:

“ Relief “ Validation “

“ Renewed confidence “

Key Takeaways:

- 1**
Burnout risk awareness
Identify early warning signs and contributing factors to burnout before they escalate.
- 2**
Healthier success metrics
Shift focus from relentless pursuit to meaningful, sustainable achievement and well-being.
- 3**
Sustainable ambition
Cultivate drive and purpose without sacrificing personal health or professional longevity.
- 4**
Performance boundaries
Establish clear limits and practices to protect your energy, focus, and recovery.
- 5**
Long-term output
Develop strategies for consistent, high-quality performance over extended periods, not just sprints.





Focus in a Distracted World Workshop

Training attention like a performance skill

In today's hyper-connected environment, focus is no longer a given—it's a learned discipline and one of the most valuable performance assets. This workshop delves into practical strategies for cultivating unwavering attention, even amidst constant distraction.

In an age of constant distraction, focus becomes your superpower.

What it feels like in the room:

Calm and clarity

A sense of mental peace and sharp awareness.

Reduced mental noise

Freedom from intrusive thoughts and digital clutter.

Renewed concentration

The ability to sustain deep focus on critical tasks.

Key Takeaways:

Attention as a trainable skill

Understand that focus can be strengthened like any muscle.

Reducing distraction

Implement techniques to minimise external and internal interruptions.

Deep work strategies

Master the art of intensive, uninterrupted work periods.

Cognitive energy protection

Safeguard your mental resources from unnecessary depletion.

Improved output

Achieve higher quality and quantity in your work by focusing more effectively.

Building Psychological Safety Under Pressure Workshop

Trust, candour, and performance are crucial for success. This workshop helps teams develop the courage to speak up, challenge ideas constructively, and perform optimally, even in high-stakes environments.

Psychological safety isn't about being 'nice'; it's about creating an environment where candour and challenge can flourish without fear.

What it feels like in the room:

Safety and openness

A reassuring sense that honest opinions and questions are welcomed, not penalised.

Stronger connection

An increased feeling of empathy and understanding among team members.

Honest dialogue

The ability to engage in difficult conversations with respect and directness.

Key Takeaways:



Speaking up safely

Techniques to voice concerns or ideas without fear of negative repercussions.



Trust under stress

Strategies for maintaining and building trust when stakes are high.



Healthy challenge

Methods for constructive disagreement that fosters innovation, not conflict.



Stronger team dynamics

Practices that enhance cohesion and collective intelligence.



Higher performance

Understanding how psychological safety directly translates to improved results.





From Reactive to Proactive Health Workshop

Moving upstream before problems appear.

This workshop shifts health from reactive fixes to proactive performance protection. Participants learn to identify potential issues and implement strategies before they impact well-being and productivity.

Proactive health isn't about avoiding illness, it's about building an unshakeable foundation for sustained high performance.

What it feels like in the room:

Empowerment

Increased awareness

Long-term thinking

Key Takeaways:



Early warning signs

Learn to recognise subtle indicators of declining health and performance before they become major issues.



Prevention over repair

Understand and apply the principles of preventive health to safeguard your capacity and vitality.



Health literacy

Gain a deeper understanding of your body's needs and how to support its optimal function.



Sustainable habits

Develop consistent, health-promoting routines that are easily integrated into your daily life.



Long-term performance protection

Equip yourself with the tools to maintain peak performance and well-being for years to come.



Build a Bridge

Live Your Best Life Pty Ltd

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