



Build a Bridge

Live your best life

DISCOVER MORE:

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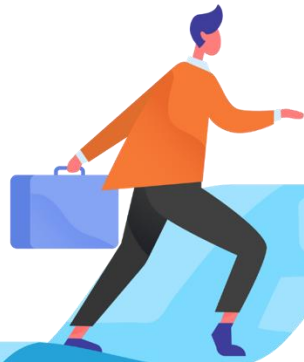
“Health is the smart business multiplier”

Patrick Lencioni

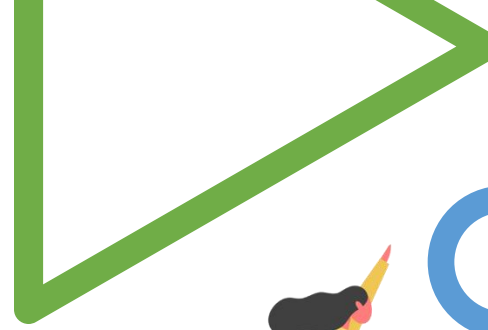
Healthy Executives



Healthy Leadership Teams



Healthy Organisations



Build a Bridge

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Meet Olly Bridge, a visionary leader and a transformative force in both the athletic and corporate realms.

Through founding his business *Build a Bridge* in 2013, Olly has dedicated himself to helping individuals and teams unleash their full potential and achieve extraordinary sustainable results.

With a career founded working with elite athletes in Formula One and Olympic Gymnastics, Olly has harnessed the power of peak performance and honed it into a dynamic methodology that extends far beyond the realm of sports.

Olly has led high-performing teams in prestigious organisations like BMW and Medibank, while also driving smaller start-ups to successful exits. This varied career, including his experience as the COO of a joint-listed ASX and NASDAQ health tech company, has equipped him with a deep understanding of the corporate landscape and the crucial balance between performance and wellbeing.

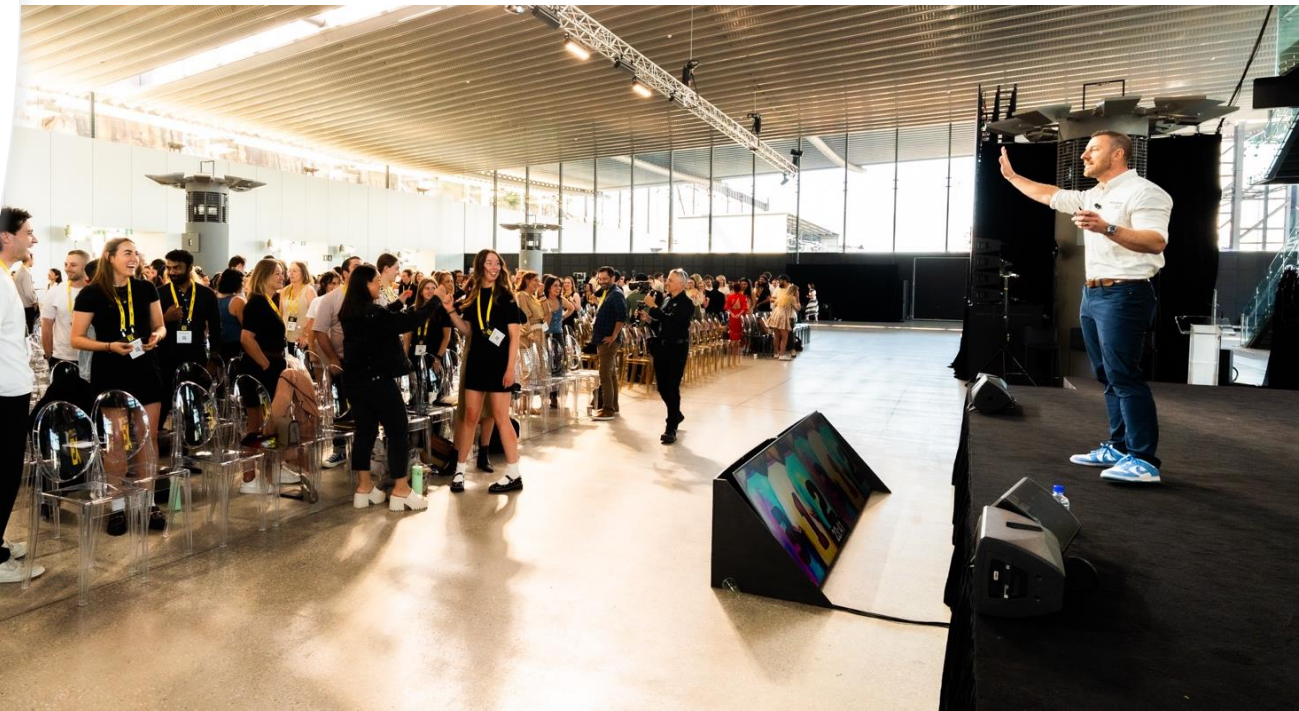
Olly has graced the stages of numerous conferences, captivating audiences with his inspiring stories, practical strategies, and unwavering passion. Drawing from his work with what he calls '**corporate athletes**', he unveils the secrets to building high-performing teams, nurturing individual wellbeing, and fostering a culture of excellence.

Olly is a catalyst for positive change, a beacon of inspiration, and a true advocate for holistic success.



Executive Summary

- *Build a Bridge* is a health and peak performance company founded by Olly Bridge
- *Build a Bridge* offers a range of services including:
 - Keynote speeches
 - High Performance Team coaching workshops
 - Team meeting facilitation
 - Leadership performance retreats
 - Health and Wellbeing Strategy consultancy
- With a proven track record in working with elite athletes and running high-performing corporate teams, *Build a Bridge* aims to help businesses optimise their human performance, enhance team dynamics, and prioritise individual wellbeing.
- Clients for these services are:
 - HR Directors
 - Event/Conference organisers
 - CEOs and other C Suite members
 - Sales Leaders





See Olly in Action [here](#)

Keynotes & Workshops

8 Keys for Self-care & Sustainable Peak Performance keynote.

Delegates will learn simple and actionable daily 'keys' that will help them to unlock their true potential sustainably. Lessons learnt while working with elite athletes translated into simple life hacks for the corporate athlete to stop them from overtraining. Delegates will learn 'key' drivers of strong mental, physical and emotional health.

The Corporate Athlete's Performance Pyramid workshop.

A hands-on session that treats each delegate like an elite athlete. Enabling them to replicate the tried and tested protocol to optimise their mental and physical health. Delegates will leave the session with everyday actionable habits to get the most out of life and ensure that they are the driver of their own energy rather than the passenger.

Bounce Forward from Challenging Times keynote.

In this session delegates will learn about Post Traumatic Growth. Explore simple and actionable life hacks and nudges to enable delegates, and their teams, to not just bounce back but bounce forward from challenging times.

Five Dysfunctions of a Team & How to Overcome Them workshop.

In this session delegates will answer a quick survey around the team environment that they work in and then delve into any dysfunctions that might be holding the team back from high performance. The session is built from Olly's experience of working with high performing teams on the sport field and the boardroom.

Many more sessions on [website](#).

Testimonials

Rio Tinto - 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!"*

Aon - 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!**"*

Xero - Executive GM

*"Olly is business savvy and outcome focussed, 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. **Olly is an incredibly unique, valuable and rare talent with his infectious commitment to the health of others.** I challenge anyone to find someone with more passion and energy about making a difference!"*

Media Federation Australia - CEO

*"Olly delivered an incredibly inspiring and high-energy keynote that truly captivated our 1,400-strong audience. His message about managing energy levels and the idea of being "corporate athletes" really hit home reminding us that just like athletes, we need to prioritize recovery and self-care to perform at our best. **Beyond the powerful content, Olly was a pleasure to work with – genuine and approachable.** It was an empowering session, equipping us with valuable strategies to sustain energy and thrive in our fast-paced work environment."*

Rare Productions – Senior Event Producer

*"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!**"*





Investment



Packages to suit all budgets