Jonny Wilkinson CBE

England Rugby Legend & Mental Health Advocate

"One of the world's greatest rugby players of all time"

Jonny Wilkinson is a former England fly-half who won four Six Nations titles, including a Grand Slam, kicked the winning drop goal in a World Cup final and was for a time the record points scorer in the history of international rugby. Since retiring from rugby, Jonny has been incredibly open about his battle with depression and obsessive thoughts.

TOPICS:

- Mental Health & Wellbeing
- Sporting Success
- Performing Under Pressure

LANGUAGES:

He presents in English.

PUBLICATIONS:

2012	Jonny: My Autobiography
2009	Tackling Life
2005	How to Play Rugby My Way
2004	My World

IN DETAIL:

England's Rugby World Cup hero and all-time great fly-half Jonny Wilkinson has opened up over mental health issues he dealt with during his illustrious rugby career. One of the biggest influencing factors when it comes to mental illness is the people around you that you're able to lean on. Jonny hasn't been shy in thanking his family for the unwavering support they provided him and the role they played in his recovery. One of his latest projects is The Jonny Wilkinson Foundation, where he hopes to help others who might be suffering and their friends and family. Providing insight into the effects of mental health while striving for peak performance, Jonny knows the stress of performing in a high-pressure environment.

WHAT HE OFFERS YOU:

Jonny offers unique insights into how he battled mental health symptoms as a top-level sportsman. Seemingly never letting his inner demons win, Jonny's story is one that is staggeringly genuine, intensely engaging and truly inspirational.

HOW HE PRESENTS:

A record breaker and rugby icon, the imperious Jonny Wilkinson delights audiences around the world providing an insight into his remarkable career. Jonny is a role model, mental health speaker and ambassador for awareness.