



# Kate Richardson-Walsh OBE

## Women's Hockey, Olympic Gold Medalist

*"The most capped female hockey player in her country's history"*



Olympic gold and bronze medallist Kate Richardson-Walsh draws on her 18-year career at the highest level of international hockey to share transformative insights on building high-performing teams. Through honest reflections on both success and struggle, Kate explores the key drivers of team excellence—from creating a shared vision, values and behaviours to fostering self-awareness, personal responsibility, and a deep sense of belonging.

### TOPICS:

- High-Performance Teams & Culture Transformation
- Authentic Leadership
- Resilience & Sustained Performance
- Diversity, Equity & Inclusion
- Leading Through Values
- Mental Health & Wellbeing
- Women's Leadership & Representation

### IN DETAIL:

An inspirational and charismatic leader she has been widely credited for helping build the incredible team ethos and commitment that drove the GB team to a nail-biting victory at the Rio Olympic Games. In winning gold Kate also made history in other ways, becoming one half of the first same sex married couple to win an Olympic medal playing in the same team. Having retired from international hockey after Rio, Kate turned her experience towards coaching, encouraging the grassroots development of the game and applying the leadership, team and performance lessons of a career in elite sport.

### WHAT SHE OFFERS YOU:

As captain of the GB women's hockey team for 13 years, Kate offers powerful personal perspectives on leadership, resilience, trust, and inclusion. Her message centres on the strength that comes from individuals and teams who truly know and value themselves and each other.

### LANGUAGES:

She presents in English.

### PUBLICATIONS:

2021 *Winning Together: An Olympic-Winning Approach to Building Better Teams*

### HOW SHE PRESENTS:

Kate brings energy and relatability to every setting. With extensive experience across the UK and internationally, she tailors her sessions to deliver lasting impact.