



*Helen Richardson-Walsh*  
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## *A bit about me....*

Much of my life has been dedicated to international hockey. Having started my career in 1999 at the age of 17, I became the youngest ever woman to represent GB hockey at the Olympic Games in Sydney the following year and have gone on to compete in four Olympic Games. Over the course of my 17-year career, I represented my country 294 times, amassed 19 medals including Olympic bronze in London 2012, European gold in 2015, World Cup bronze and Commonwealth silver, before finally reaching the pinnacle with an Olympic gold medal in Rio 2016. I was one of only two players to score during a tense penalty shootout in the Rio final and am recognised at world level as one of the best in the business – shortlisted for the World Player of the Year Award and named in the FIH World All Stars Team three times.

As part of the senior leadership team for 11 years, I played a central role in propelling the team to victory on the world stage in 2016. I credit our success to the culture we created, and it was the team's journey, going from an average team with no consistency, to a team that consistently competed for medals on the world stage, that ignited in me a passion for people and teams and the understanding of what is possible when we create environments that are 'right' for those people who need to flourish within them. This led to me studying Psychology, and, now with a MSc in Organisational Psychology, I am using my experience and knowledge to help other teams and individuals thrive – namely as the Performance Psychologist at Tottenham Hotspur FC Women.

### *Interesting fact....*

Alongside my wife Kate, I entered Olympic history as part of the first same sex married couple to win an Olympic medal playing for the same team.

### *Colleague View*

"Helen is a fantastic asset to our staff team. She is relatable for players, has valuable first-hand experience and is excellent in supporting me and the staff to drive the culture we want to create here at Spurs. Her understanding of what it takes to win, high performance environments and dealing with pressure at the highest level is providing key support to the players in the journey that we are on as a team. In any sport at an elite level, improving the psychological tools players are able to utilise plays a major part in the success of the individual and the team, I am really pleased to have her on board."  
Spurs Head Coach, Rehanne Skinner

### *Client View*

"Helen is an inspiring speaker and shares her story with integrity and humour. She is intelligent and engages the audience with her honest insights into resilience and how she returned to the team following a period of serious injury. Her reflections of her leadership role, working with the team to set the right behaviour is extremely inspiring and motivating." Connect Health Advisory

### *Credentials & Qualifications*

- MSc Organisational Psychology
- Qualified to administer and report on the 15FQ Personality Assessment
- Qualified to administer and report on psychometric/occupational tests