

## Biography

My life has been deeply intertwined with international hockey since I commenced my career at the age of 17 in 1999.

In 2000, I made history as the youngest woman to represent GB hockey at the Sydney Olympic Games and went on to compete in four Olympic Games. Over the span of 17 years, I accumulated 19 medals, including Olympic bronze in London 2012, European gold in 2015, World Cup bronze, and Commonwealth silver.

The pinnacle was clinching an Olympic gold in Rio 2016, where my role was pivotal, scoring during a tense penalty shootout. Globally recognized, I was shortlisted for the World Player of the Year Award and thrice named in the FIH World All Stars Team.

With an MSc in Organisational Psychology, I'm now dedicated to helping teams and individuals thrive as the Performance Psychologist at Tottenham Hotspur FC Women.



[Watch Helen's  
YouTube Video](#)



## Helen Richardson-Walsh

### Team Coach

### Clients

- Leadedc
- Glanbia
- Talk Talk
- Anzo Group

### Qualifications

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

## 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**