



Jonny Wilkinson

MEDIA PERSONALITY · MENTAL HEALTH ADVOCATE · SPORTS PERSONALITY

Senior leaders are asked to hold their nerve in moments that decide the year. The cost of one wrong call, one visible wobble, one private collapse is now higher than the reward for getting it right. The discipline of staying composed, present, and useful under that weight is rarely taught and almost never practised.

Jonny Wilkinson is a World Cup-winning fly-half turned author and founder whose work helps senior leaders perform under pressure without losing themselves to it.

Jonny Wilkinson's 2026 Biography

Why organisations work with Jonny Wilkinson

- A first-person account of what elite pressure does to judgement, body, and identity, drawn from the kick that won the 2003 Rugby World Cup and the years that followed it.
- Authority on performance and mental health that comes with a CBE, World Rugby Hall of Fame induction, and 91 England caps, not a consultant's reframing of athlete clichés.
- A founder's perspective from One Living, the B Corp drinks business he built around his own recovery, giving the talk commercial substance beyond the sporting story.
- Long-form work on presence and human potential through the I Am... podcast and two books, which means the content is developed, not improvised on stage.

Biography highlights

- 91 caps for England, two British and Irish Lions tours, scorer of the drop goal that won the 2003 Rugby World Cup final against Australia.
- BBC Sports Personality of the Year 2003; IRB International Player of the Year 2003; OBE 2003; CBE 2015.
- Inducted into the World Rugby Hall of Fame in 2016.
- Author of Jonny: My Autobiography and Tackling Life, the latter co-authored with long-time mentor Steve Black.
- Founder of One Living, a B Corp certified kombucha and functional drinks business stocked nationally in Tesco.
- Host of the I Am... With Jonny Wilkinson podcast, in conversation with thought leaders on performance, presence and mental health since 2022.

AVAILABLE FOR

- Awards Hosting
- Guest Appearance
- Panel Participation
- Speaking
- TV and Media

JONNY'S SPEAKING THEMES

- Employee Wellbeing
- Leadership
- Mental Health in the Workplace
- Motivation and Inspiration
- Peak Performance
- Resilience & Stress Management

LANGUAGES: English

Biography

The drop goal that won the 2003 Rugby World Cup is one of the most replayed sporting moments in British memory. The man who struck it spent the next decade trying to explain to himself why it did not feel like the answer. Wilkinson's body broke down through repeated injury, and the perfectionism that had driven the career became the thing he had to dismantle to live well.

That second act is what gives his speaking content its weight. He writes and talks about presence, fear, and the relationship between high performance and mental health, drawing on his own recovery rather than secondhand frameworks. Tackling Life, written with his long-time mentor Steve Black, set the early ground. The I Am... podcast, running since 2022, has extended it into a body of conversation with global thinkers on potential and self-awareness.

The credentials are not in doubt. 91 England caps, two Lions tours, the 2003 BBC Sports Personality award, the 2003 IRB International Player of the Year, an OBE the same year, a CBE in 2015, and induction into the World Rugby Hall of Fame in 2016. As a founder he has built One Living, a B Corp certified drinks brand born directly out of his own work on gut health, mental health and recovery.

For a corporate audience, the value sits in the honesty about what elite pressure costs and how composure is rebuilt afterwards. The story is recognisable to anyone responsible for performance under public scrutiny, and the takeaways are practical rather than motivational.

Key speaking topics

- Performing under pressure
- Mental health and recovery after high performance
- Presence and self-leadership
- Resilience and reinvention after a defining career
- Founder lessons from One Living
- Mindset, fear and the cost of perfectionism

Ideal for

- Senior leadership offsites where composure under pressure is the practical theme
- CHRO and people director audiences focused on mental health, wellbeing and high-performing cultures
- Sales kickoffs and annual conferences seeking a credible performance keynote with intellectual depth
- Awards dinners, panel moderation and after-dinner appearances where rugby authority and on-stage authenticity carry the room

Audience outcomes

- A grounded account of what perfectionism and fear do to performance at the top, and how that pattern is changed
- Specific habits Wilkinson uses for presence, focus and recovery, drawn from his own practice rather than a generic framework
- A reframing of mental health as a leadership capability, not an HR concern
- Permission to talk openly about the gap between visible success and private cost

Jonny Wilkinson's 2026 talks & topics

Performing under pressure: lessons from the drop goal and after

A first-person account of what it took to deliver in the highest-pressure moment of his sport, and what it cost him afterwards.

Key takeaways:

- How elite performance routines are built, and where they become a trap
 - The difference between motivation and presence as a working discipline
 - What changed in his approach to fear, failure and recovery after retirement
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Mental health, recovery and the cost of high performance

A direct account of the mental health challenges that followed his playing career, and the work he has done to rebuild.

Key takeaways:

- Why high-performing people are often the slowest to seek help
 - Practical tools for presence and self-regulation under load
 - How mental health support can be designed for environments that prize toughness
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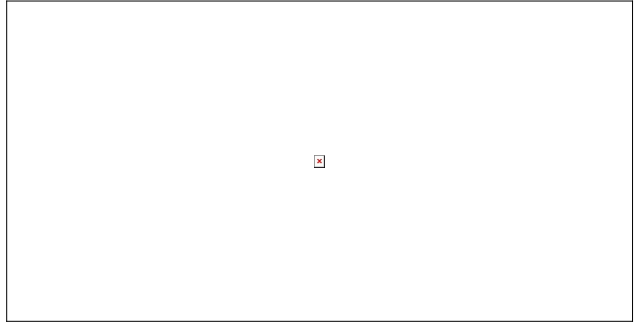
Building One Living: a founder's story rooted in personal recovery

The story of how his own work on gut and mental health turned into a B Corp certified drinks business.

Key takeaways:

- What it takes to translate a personal practice into a commercial brand
- Why purpose has to be operational, not narrative, for a young consumer business
- Founder lessons on staying present through scale

Jonny Wilkinson's Videos



What Jonny Wilkinson's clients say

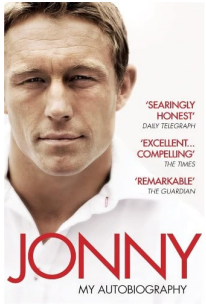
Jonny clearly has a very spiritual mind and a much deeper understanding of the world than most. And the way he has been able to apply that way of thinking to be as successful as he has been inspiring.

Dealing with Pressure

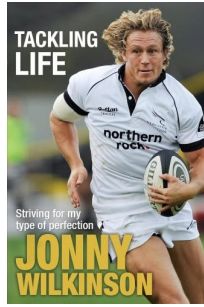
We have had some amazing feedback, with a couple of people even saying Jonny was the best speaker so far! Great take home messages, and amazing honesty from him.

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JONNY'S LATEST BOOKS



Jonny: My Autobiography



Tackling Life