



Kate Richardson-Walsh

**Captain of GB and England women's hockey,
Olympic gold medalist and motivational
keynote speaker**

Kate Richardson-Walsh is the most capped female hockey player in her country's history and was captain of GB women's hockey teams for 13 years. Kate is a charismatic, inspirational and motivational speaker.

Kate's biography

Kate Richardson-Walsh's background

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 1999, Kate made her international debut as a defender. Since then, during the last 17 years, Kate has maintained her performance levels as an elite athlete and has made over 370 appearances for her country. After securing a bronze medal in the London 2012 Olympic Games, Kate set her sights on her fourth Games in Rio 2016 where she competed and achieved the coveted Olympic Gold medal. Along with her GB duties, Kate captained England for 13 years, winning the European Championships in 2015 securing a bronze and two silver medals in three successive Commonwealth Games.

As GB captain, Kate was instrumental in helping to construct the team ethos and [resilience](#) that ultimately paid off in Rio. From a disastrous low of 11th place at the World Cup in 2014, a process of self-examination and rebuilding was instigated in which the team built and signed up to their own collective culture of behavior, created a sense of common purpose and installed a distributed [leadership](#) structure to make sure this lived and breathed every day. Alongside this a process of learning through experience and collective reflection helped build a team that was able to adapt and withstand pressure whenever circumstances changed.

Shortlisted for the FIH World Player of the Year Award, Kate has also been GB Hockey's Athlete of the Year, has twice won the prestigious Hockey Writers' Player of the Year, and in 2017 was awarded an OBE for services to hockey. Kate was also nominated for the BBC Sports Personality of the Year Award

in December 2016.

Having retired from international hockey after Rio, Kate played one season for the Dutch team Bloemendaal and is now determined to turn 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](#). She currently serves as an ambassador for the Women's Sport Trust, supports disability hockey as an ambassador for Access Sport, and sits on the British and European Olympic Athlete's Commissions. With the pressures of international hockey behind her she is also looking forward to indulging a few of her other passions, including travel, fashion, cooking and Manchester United.

Kate co-authored the book *Winning Together: An Olympic-Winning Approach to Building Better Teams* with Helen Richardson-Walsh. Drawing on their vast experience both in and out of sport, double Olympic medalists Helen and Kate, tell the incredible, behind-the-scenes story of how a team from the lower rankings forced its way to the top. They bring you into their team huddle to reflect and work through exercises to help improve your performance. Using their individual and collective stories they demonstrate that successful teams are made up of people who are valued as human beings and supported to individually flourish.

Kate is an experienced motivational speaker and happy to host or deliver Q&As, keynote and after dinner presentations and has a powerful leadership and [team building](#) story to tell.

Kate's talks

- **Leadership and Communication**
Building a winning mind-set and bringing out the best in people.
- **Ambition and goal setting**
Effective planning, organisation and evaluation
- **Team Building**
Creating unity of standards, spirit and culture.
- **Grass roots sport and inspiring a new generation**
How to turn performance around