



Build a Bridge

Live Your Best Life Pty Ltd

Real Voices, Real Impact

Discover how we deliver transformative results for global brands, straight from our valued clients.



Roger La Salle
Chair

"One of the highest
scoring speakers we
have ever had in my
12 or more years of
chairing"

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Nick Sinclair TOA Global Founder

"Olly's session was a **genuine highlight of TOAcon 2025**. Attendees consistently praised the way he delivered science-based wellbeing insights in a **practical, engaging and deeply relatable way**.

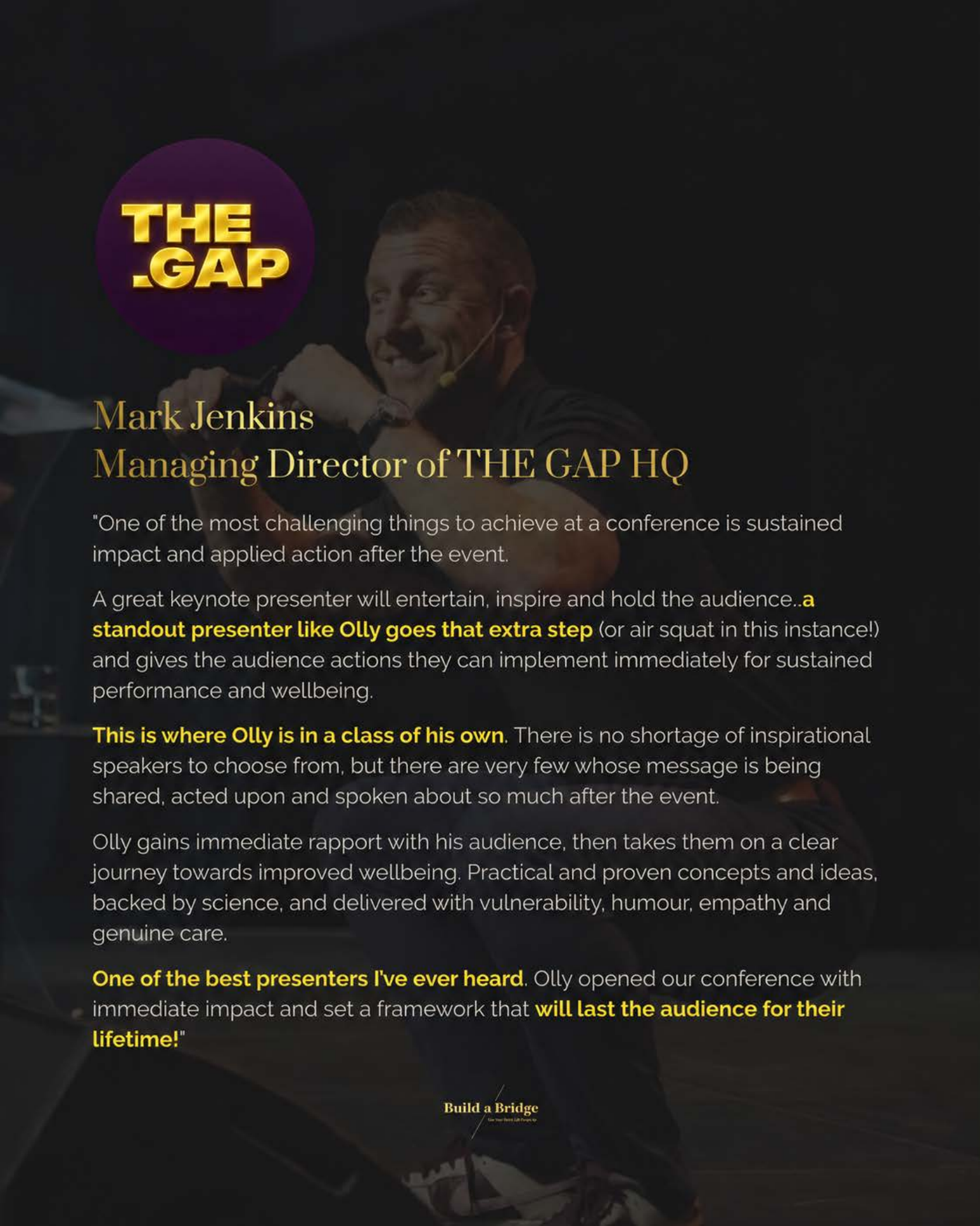
His frameworks made high-performance habits feel achievable, and many **participants commented that they had 'heard wellbeing content before, but never presented like this.'** Olly brought clarity, energy and real-world relevance - leaving a lasting impact that people were excited to act on immediately.

From an organiser's perspective, Olly was an **absolute pleasure to work with**. He was **professional, responsive** and **incredibly supportive** throughout the entire planning process. What truly set him apart was the extra value he brought onsite: Olly made himself fully available to attendees for the duration of the conference - answering questions, having meaningful conversations, and even scheduling additional sessions by request. His willingness to give more than what was asked created a richer, more personalised experience for our delegates.

Olly didn't just deliver a great keynote - he elevated the entire event. His contribution, both onstage and behind the scenes, was exceptional."

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**THE
_GAP**

Mark Jenkins Managing Director of THE GAP HQ

"One of the most challenging things to achieve at a conference is sustained impact and applied action after the event.

A great keynote presenter will entertain, inspire and hold the audience..**a standout presenter like Olly goes that extra step** (or air squat in this instance!) and gives the audience actions they can implement immediately for sustained performance and wellbeing.

This is where Olly is in a class of his own. There is no shortage of inspirational speakers to choose from, but there are very few whose message is being shared, acted upon and spoken about so much after the event.

Olly gains immediate rapport with his audience, then takes them on a clear journey towards improved wellbeing. Practical and proven concepts and ideas, backed by science, and delivered with vulnerability, humour, empathy and genuine care.

One of the best presenters I've ever heard. Olly opened our conference with immediate impact and set a framework that **will last the audience for their lifetime!**"



ESSENTIO HEALTH



OFFICIAL PARTNER

Scott Croaker Head of Business - Fix Network

"Olly's keynote on sustainable human performance was an undoubted **highlight of our National Conference**. His powerful, practical messages resonated deeply with the audience and sparked valuable conversations well beyond the session. Olly's ability to combine insight, authenticity and energy made his presentation both memorable and genuinely impactful. **He is, without question, one of the best speakers I have ever witnessed**, and I would highly recommend him to any organisation seeking to inspire meaningful, lasting change."

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RioTinto

Dean Gorey Senior Benefits Advisor

"Olly's **enthusiasm** and **passion** is **infectious**. He has worked with our employees and I have watched him literally **change people's lives**. His content is practical, engaging and full of energy. I couldn't ask for anything more."

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Rocky Armstrong Global Head of Safety and Wellbeing

"Thanks Olly for the **incredible passion, energy** and **professionalism** with which you delivered key wellbeing messages to our **global Asahi community**. Olly provided clear practical guidance to our global community that was relevant for all and potentially **life changing** for some."

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CommonwealthBank

Diana Loulach EA to the GM of Business Banking

"Olly's **enthusiasm** for the topics presented was **infectious**. The **passion** he brought made a noticeable impact as the audience was **captivated** and they were chatting later about the everyday experiences he talked about! Olly's style is **engaging, interactive and fun**. What an absolute **blast** we all had in his session."

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GAMUDA

Adam Leary

GM – People, Capability & Communications

"Olly's **high energy** and **evidence-based approach** to wellbeing in the modern workplace have **genuinely transformed lives**. His dedication, authenticity, and deep commitment to his craft are **truly inspiring**. I can't recommend him highly enough."

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Early Careers Team

"Olly has a **unique ability to connect with a diverse audience** and create an **interactive, inclusive environment**. His **energy, professionalism**, and **practical insights** left our graduates **inspired** and equipped with valuable tools for their career journey. Thank you, Olly, we look forward to collaborating with you again."

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Sophie Madden CEO

"Olly delivered an **incredibly inspiring and high-energy** keynote that **captivated our 1,400-strong audience**. The content was **powerful** and **practical**. Olly was a pleasure to work with — genuine and approachable."

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Justine Vincent People & Capability Australasia

"Olly's sessions **deeply resonated** with our audience, providing a balanced **blend of foundational knowledge** and **actionable insights** that employees could easily incorporate into their daily lives. The feedback of Olly's sessions was **overwhelmingly positive**, with many employees commenting on how valuable and empowering the session was. We're grateful for Olly's impactful contribution to **fostering a culture of wellbeing** at Mastercard and look forward to collaborating again in the future!"

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Andrew Wilkinson Director – Domestic Portfolio

"Olly blends **peer-reviewed health research** with **real-world workplace application**. His approach is **practical** and **effective**, making healthier choices easier without unnecessary complexity. Olly's ongoing support continues to help us **live longer, happier, healthier lives** at Bupa."

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JOHN HOLLAND

Nikki Hayes Early Career Lead

"Olly's workshop was a **standout session**. Many participants rated it as the **highlight of the entire 3-day event**. Olly has an **incredible ability to connect with his audience**, making complex concepts accessible and meaningful. It was not only inspiring but equipped our graduates with skills they'll carry into their future careers... **making them better leaders.**"

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Ben Stunell Head of Corporate Health & Wellbeing

Olly recently facilitated a workshop for our newly formed team, and the **experience was exceptional**. His deep expertise in health, wellbeing, and performance was evident throughout, and he has a unique ability to **simplify complex concepts into practical, easy-to-apply actions**.

What truly set him apart was his **engaging style—creating a safe, supportive space where people felt comfortable to speak up**, share honestly, and show **vulnerability**. His relatable anecdotes and real-world examples really brought the content to life. Thanks to Olly, our team connected on a deeper level and walked away with clear, actionable goals for our health and collective performance.

His impact extends well beyond the workshop, inspiring lasting change. I would highly recommend Olly to any organisation looking to foster wellbeing, connection, and high performance.

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Mark Trayling President

We invited Olly to run a workshop at the London Oxford Cambridge national alumni summit. He brought **great energy** to the room and our audience. His content became the **most talked about topic after the event**. It's also personally given me motivation to make changes in my life!"

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Queensland
Government

Hindun Hamilton Principal Program Officer

"Olly Bridge's presentation was a **masterclass in high-impact delivery**, capturing attention with his **dynamic style and profound insights**. Having Olly set the stage was a privilege; he didn't just convey information, **he ignited a motivational shift** that promises to influence the professional journeys of all the graduates present for the long term."

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Rebecca Dabbs Oceania Managing Partner

"Last year I completed the Essentio program, and the experience was **genuinely transformative**. The end-to-end health assessment was **incredibly valuable**, offering practical, personalised insights that helped me understand where and how I could improve my overall health. I found the program so impactful that I invited Olly to work with my leadership team as well.

Olly brought **deep knowledge**, a **relatable storytelling** style, and a **flexible approach** that never imposed a single "right" way of doing things. Instead, he provided the group with facts and information that **enabled thoughtful, informed choices**. He offers personalised guidance with empathy and support, and he helped me make meaningful progress toward my own health goals.

Thank you, Olly. I'd highly recommend him to anyone looking for a **thoughtful, supportive health coach** to help achieve lasting results."

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Melissa Widner CEO

"Olly's emphasis on **prioritising personal health as a cornerstone of effective leadership** resonated deeply with all of us. His **practical advice** and **real-world examples** equipped us with the tools to cultivate a healthier, more productive, and fulfilling leadership journey."

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Felix Krueger Sales Enablement Manager

"Olly joined our annual sales offsite in Sorrento, and those in the business who had worked with him previously did not overstate their recommendations. The feedback from our team was **overwhelmingly positive**.

Olly's session stood out thanks to his **engaging delivery and clear communication**. He provided valuable health and science insights, practical life strategies, and performance improvement approaches that genuinely resonated with our group. Attendees consistently highlighted how well **Olly connected with the audience** and how his workshop was both **structured and motivating**.

I would **highly recommend Olly** to anyone seeking a **dynamic and impactful speaker** who can **inspire** and **energise** their team"

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A man in a light blue blazer and dark trousers is speaking on a stage. He is gesturing with his hands. Behind him are two orange armchairs. The background is a dark, textured curtain. In the foreground, the backs of several audience members' heads are visible.

William
Angliss
Institute

Chris Harris
Former Director of Education

"Olly's presentation was **engaging, evidence-based**, and spoke to every individual in the room of 200. He gives **pragmatic, applicable advice** and is always **articulate, compelling** and **humorous** when appropriate. We love his work."

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Sarah Davis Managing Director

"Olly was the **cornerstone of our event**. His highly **engaging** delivery and knack for tailoring his presentation to meet our charity goals and audience needs was invaluable. **The actionable take-aways remained talking points long after the event ended.**"

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Selina Bridge CEO

"Olly speaks of 'self-care' and that is exactly what he delivers! His **energetic** and **passionate** presentation inspired our people to **feel empowered** to treat themselves as **elite corporate athletes**. Our participants **bounced out of the session** — completely **inspired** and ready to put his ideas into practice!"

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Claire Deane Head of Marketing

"I couldn't have been more impressed with Olly's communication style, high-quality output, and **his ability to turn a very loose brief into something exceptional**. I would most definitely recommend Olly for executive coaching, speaking gigs, content creation and more. On top of all of this, he is an **exceptionally decent human**."

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Damian Kelly Client Director

"Entertaining, engaging and insightful. Olly's style and approach appeal to broad audiences and his inspirational message cuts through. **Olly is the full package!"**

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xero

Rob Goodwin
Former Executive GM

"Olly is **business savvy** and **outcome-focused**, is deeply passionate about helping others, has extensive knowledge about corporate health and, above all else, is one of the **most engaging, warm and genuine people** you will ever work with. Everything about Olly is a true reflection of his life's passion – helping others to be healthier."

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www.ollybridge.com